FIRST EDMONTON GROUP

50th ANNIVERSARY 1910 - 1960

ONE DOLLAR

COOK BOOK

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This book contains the favourite recipes of a large number of good cooks. The ingredients and methods of preparation are the results of careful experiments which have been used and improved until the finished product is tasty and nourishing as well as being pleasing to anticipate. It is expected that the book's contents will help new cooks along the way and that experienced cooks will find pleasure in attempting new approaches to old methods.

The 1st All Saints' Cub, Scout and Rover group have used the correct recipe through Fifty Years of Scouting in Edmonton. The training, experience and guidance given to boys has produced many men who are a credit to our community. Let us look at our young people as part of a recipe. Give them love, consideration, guidance and, most important, set a good example ourselves. Mix these together in proper proportions and the next 50 years will be as successful as the first 50 years.

T. L. ROBINSON,
Regional Commissioner,
Edmonton Regional Council
The Boy Scouts Association

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CONGRATULATIONS

The First Edmonton Cub and Scout Group is celebrating their 50th Anniversary and it is my great pleasure, on behalf of the administration of the City of Edmonton, to congratulate them on their splendid record of progress and achievement. An outstanding majority of citizens who have achieved prominence in this district, and indeed throughout the world, are graduates of the "Scouting" movement. Mankind in general benefits from the excellent training imparted by the "Scouts". We wish them, and the adult organizations who assist them so well, continuing success.

MAYOR

THE CITY OF EDMONTON

THANK YOU

WE WISH TO EXTEND A SINCERE THANK YOU TO THE ADVERTISERS, WHO THROUGH THEIR GENEROUS PATRONAGE HAVE MADE THIS 50th ANNIVERSARY CUB & SCOUT COOK BOOK POSSIBLE.

THE MOTHERS' ASSOCIATION
1st EDMONTON CUB & SCOUT GROUP

Recipe for a home

To ½ a cup of friendship
Add a cup of thoughtfulness,
Cream together with a
Pinch of powdered tenderness,
Very lightly beaten
In a bowl of loyalty,
With a cup of faith, one of hope,
And one of charity.
Be sure to add a spoonful each of gaiety that sings,
And also the ability to laugh at little things
Moisten with the sudden tear of heartfelt sympathy,
Bake in a good natured pan and serve repeatedly.

Copies available for $1.00—Phone GA 2-4234

OR WRITE TO—

FIRST EDMONTON GROUP COOK BOOK
10033 - 103 STREET, EDMONTON, ALTA.

OUTDOOR LIVING & SALAD TIME

TIPS ON BUILDING THE FIRE

Make a pyramid of charcoal over waxed milk or cream cartons and light. When coals are burning well, rake out evenly over entire fire box area. With charcoal don't poke fire—that slows it.

A chimney (make it by removing both ends and punching triangular holes in a tall juice can or two pound coffee can with punch type opener) placed over the pyramid of brickettes or charcoal speeds up the starting of the fire so you are ready to cook in fifteen minutes.

Don't start cooking until the fire dies down to glowing coals. They'll look ash-gray by day, have a red glow after dark. No flames! Takes ½ to ¾ hour. Bed of coals for barbecuing should be shallow and just a little larger than the area of food you are cooking.

To prevent smoke, trim fat off edges of meat before barbecuing.

Keep a salt shaker or clothes sprinkler filled with water handy to stop flare-ups caused by fat dripping. Use only enough water to do the trick. Don't soak the coals.

Smoke flavor in the food can be obtained by using chips of Hickory, Oak, Maple, etc., (buy in store) or liquid smoke or smoke salt sprinkled on food or in the barbecue sauces.

MRS. V. MACDONALD,
Home Economics Extension Service,
Alberta Department of Agriculture

CUTS OF MEAT TO BARBECUE

Beef—

Club, T-bone, porterhouse and sirloin steaks.
Chuck, round and flank steaks, if tenderized by commercial tenderizer or by marinating in a sauce for several hours.
Rolled rib or standing rib roasts.
Hamburger patties in various sizes and shapes if done in wire toaster or aluminum foil dish.

Pork—

Pork chops, ham steaks, spareribs.
Boned and rolled pork roasts, boneless hams.

Lamb—

Steaks or chops.
Ground lamb for patties.
Leg of lamb, boned and rolled.
Cubed lamb for kabobs.

Poultry—

Chickens, turkeys, cornish game hens, are all suitable for spit cooking or can be split in half and cooked on grill over hot coals.

Fish—

Fillets, steaks or whole fish.
Lobster tails, shrimp, scallops.

Frozen vegetables can be put on a square of aluminum foil, seasoned with salt and pepper and dotted with butter, then wrapped securely and cooked on the grill or right in the coals for 10 to 15 minutes. Turn frequently.

RAE GAETZ,
Home Service Director
Northwestern Utilities Ltd.

LITTLE WAMPUM STEAK

2½ lbs. of chuck, round or flank steak (½ to ¾ inches thick)
½ cup chopped onion
½ cup vinegar (cider or tarragon wine)
½ cup salad oil (corn, mazola or jewel)
½ cup chili sauce or catsup or Open Pit barbecue sauce
1 clove garlic sliced, or garlic salt

Method:

Add other seasonings to taste. For example: ½ teaspoon paprika, chili powder, tabasco sauce and HP or Lee and Perrin. Mix in pyrex pan. Tenderize meat first by pounding with the edge of a plate or ice crusher or score with a knife in squares or diagonally for diamonds. Place meat in sauce and leave in mixture for three to four hours at room temperature or over-night in refrigerator. Turn meat over several times.

Barbecue on grill over hot coals for twenty to thirty minutes. During last ten to fifteen minutes baste with left-over sauce. Serves four.

MRS. V. MACDONALD

MOO BURGERS

1½ lbs. ground beef
1 cup Dairy sour cream
¼ cup Worcestershire sauce (or other meat sauce)
1 tablespoon instant onion (or chopped onions to taste)
1½ teaspoons salt
1½ cups corn flakes

Method:

Thoroughly combine first five ingredients. Crush corn flakes slightly with your hand; stir into meat mixture. Shape into patties about ¾ inch thick. Barbecue in wire toaster or broiler over slow coals five minutes; turn, cook three or four minutes more till done. Makes eight.

MRS. V. MACDONALD

POCKET GOLD BURGERS

Roll out thin patties of ground beef between sheets of waxed paper to a little over ¼ inch. In the center of half the patties place a tablespoon of shredded cheese and pickle relish. Top with meat lids. Press around edge to seal. Brush with melted margarine. Barbecue turning once. Season with salt, pepper, etc. Toast and butter buns, add burger with tomato rounds, grilled onion slice (do them on foil). Have catsup and mustard handy.

WIENER - KRAUTS

Slit wieners lengthwise to about ¼ inch from each end. Toss drained sauerkraut with a sprinkle of caraway seed. Stuff wieners with kraut and wrap each with a bacon strip anchoring ends with toothpicks. Barbecue over hot coals turning once till filling is hot and bacon crisp. Have toasted buns ready and pass catsup and mustard.

Roll raisins in flour before stirring them into a cake to prevent them from going to the bottom.

When making cookies add 1 teaspoon jam or jelly. The cookies will have a better flavor and stay moist longer.

BARBECUE SAUCE FOR CHICKEN

	For 10	For 100
Water	½ pt.	2 qts.
Vinegar	1 pt.	4 qts.
Butter	½ lb.	4 lbs.
Salt	1 oz. (2 tbsp.)	½ lb. (1 cup)

How to Barbecue

Prepare the sauce in advance by heating to melt the butter and combine the ingredients. Keep hot by storing in pails on the side of the pit. Stir each time before using to keep the butter from separating out.

Dip each half chicken in the sauce and pack on the grills, skin side up, without overlapping. Turn frequently (from 2 to 5 minutes) basting with the barbecue sauce each time before turning. A clean dishmop is an excellent tool for basting. If you don't have a two sided grill, forks or tongs may be used for turning, or cotton gloves may be worn on the hands for that purpose.

One to one and one-quarter hours will be required to cook the birds—depending on the fire. When well done the leg bones will twist easily from the flesh.

BARBECUE SAUCE FOR HAMBURGERS OR HOT DOGS

2 cups tomato juice
1 small onion finely chopped
¼ cup salad oil
¼ cup vinegar
2 tsp. sugar
1½ tsp. salt
½ tsp. pepper
¾ tbsp. Worcester sauce
2 tbsp. prepared mustard

Method:

Combine ingredients and cook gently over a low fire 15 minutes. Use for basting barbecued steaks, hamburgers or hot dogs.

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BARBECUE SAUCE FOR BEEF

4 tbsp. butter or margarine
2 tbsp. minced onion
1 clove garlic, minced
½ cup catsup
⅓ cup tarragon wine vinegar
½ tsp. tabasco sauce
1 tbsp. brown sugar
1 tsp. dry mustard
¼ cup water
1 tsp. salt

Method:

Combine all ingredients in saucepan; bring to a boil. Yield: 1¼ cups.

RAE GAETZ,
Home Service Director
Northwestern Utilities Ltd.

GRILLED CHUCK STEAK

½ cup chopped onion
½ cup lemon juice
¼ cup salad oil
½ tsp. salt
½ tsp. celery salt
½ tsp. pepper
½ tsp. thyme
½ tsp. oregano
1 clove garlic, minced
2½ lbs. ½-inch chuck steak

Method:

Combine ingredients except steak. Marinate meat in mixture 3 hours, turning several times. Broil steak on grill over hot coals until desired doneness—about 20 to 30 minutes total time. Serves 4.

RAE GAETZ,
Home Service Director
Northwestern Utilities Ltd.

BARBECUED BEEF ROAST

Use 5 pounds rolled hind roast of beef. It must be at room temperature right through before cooking. Have the charcoal hot and in the back of the barbecue (under the hood). Put the meat on the rotary spit and baste, when the meat looks dry on the outside, with the following:

½ cup Vermouth (sweet—not too dry)
½ cup St. Lawrence salad oil
⅛ tsp. tabasco sauce
4-6 drops garlic juice (to taste)
½ tsp. salt
¼ tsp. pepper
¼ tsp. Smoky Barbecue Sauce

About 1 hour before done baste with plain Barbecue Sauce.

Cooking time—about 2 hours.

J. HAMLIN

BARBECUED CORN

Butter corn well with soft butter, wrap in wet paper towel, then several thicknesses of foil. Cook on top of grill. Add salt and pepper after. Cook about 30 minutes.

MRS. J. E. SAYERS

BARBECUED ONIONS

Scoop hole in end, add butter, pepper and salt. Wrap in 2 or 3 thicknesses of foil and put right in coals. Cook about ¾ hour—(feel them with a canvas glove on). Done when soft.

MRS. J. E. SAYERS

BARBECUED POTATOES

Cut potatoes in slices 1-2" thick not right through. Insert thin slices of onion, butter, salt and pepper. Wrap in foil and put down in coals for 1 hour.

MRS. L. McCALLUM

BARBECUED SWEET POTATOES AND HAM

4 large sweet potatoes
¼ cup honey
¼ cup orange juice
¼ lb. butter or margarine
Salt and pepper
½ cup raisins
½ lb. cold boiled ham, sliced
Aluminum foil

Method:

Parboil potatoes in their jackets, drain, cool, peel, and split in half lengthwise. Place potato half on a square of foil, brush with mixture of honey and orange juice, sprinkle a few raisins on top, add a lump of butter. Lay ham slice on top of this. Fold and seal in aluminum foil. Cook on outdoor grill until done, about 20 minutes. Canned sweet potatoes may be substituted quite successfully.

MRS. W. RITSON-BENNETT

GIANTBURGERS

2 eggs
1½ tsp. salt
½ tsp. garlic salt
2 lbs. ground beef
2 tbsp. Worcestershire sauce
Pepper

Method:

Mix ingredients together lightly; divide into thirds. Using a 9" cake pan as a guide, draw a circle on waxed paper. Place a third of the meat in center and pat gently (or place waxed paper on top too, and roll lightly with rolling pin) to fill circle. Do not press hard. Leaving 1" margin for sealing, spread half patty with mustard, top with chopped onion, cubes of cheese, pickle relish or what have you. Lift point of waxed paper at back and fold meat over filling. Press around the margin to form seal. Brush top side with melted butter; place in wire toaster basket; peel off waxed paper. Broil slowly. Serve with toasted buns.

RAE GAETZ,
Home Service Director
Northwestern Utilities Ltd.

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INDOOR BARBECUED RECIPES

BARBECUED LOIN PORK CHOPS

4 pork chops
2 tbsp. fat
3 tbsp. flour
¼ cup chopped onion
¼ cup diced celery
2 tbsp. brown sugar
Lemon juice to taste
Salt and pepper to taste
½ tsp. dry mustard
½ cup water
1 cup tomato sauce

Method:

Put pork chops in seasoned flour and brown in 2 tablespoons fat.

Place in shallow greased baking dish. Combine remaining ingredients and pour over chops. Cover and bake one hour at 350 degrees. Baste while baking.

MRS. R. F. KENNEDY

BAR-B-CUED SPARERIBS

1 cup ketchup
1 cup vinegar
½ cup molasses
½ tsp. mustard
1 tbsp. hickory salt
½ tsp. paprika
1 tbsp. sugar

Method:

Bring sauce to boil and cook for a couple of minutes. Salt to taste. Brown spareribs, add sauce and bake slowly. (3 lb. cut)

MRS. L. ROWSWELL

BARBECUE SAUCE

20 medium green tomatoes
6 sweet red peppers
3 tbsp. salt
1 tbsp. cinnamon
5 cups sugar
8 red apples
8 onions
1 tbsp. pepper
½ tbsp. cloves
4 cups distilled white vinegar

Method:

Wash and remove stem ends from tomatoes. Core apples, do not peel. Remove cores and seeds from peppers. Peel onions. Put all vegetables through the coarse grind of food chopper. Combine remaining ingredients and heat to boiling. Add ground vegetables and boil gently, stirring occasionally until thickened, approximately 30 minutes. Pour while boiling into hot sterilized jars. Fill to ⅛" from top and seal each jar at once. Yield—8 pints.

MRS. M. GOLDSTEIN

BARBECUED SPARE RIBS

3 to 4 lbs. spare ribs
1 lemon
⅓ cup Worcestershire Sauce
1 tsp. salt
1 onion
1 cup ketchup
1 tsp. chili powder
2 drops Tabasco Sauce
2 cups water

Method:

Place ribs in shallow pan, meaty side up and place slice of unpeeled lemon and thin slice of onion on each piece. Cook in hot oven 450 degrees for 30 minutes. Combine ketchup, Worcestershire Sauce, Chili powder, salt, tabasco sauce and water and bring to a boil. Pour over ribs and continue baking at 350 degrees for 1 hour. If sauce gets too thick add water.

MRS. RALPH SMITH

SALADS

LIME AND CUCUMBER SALAD

1 pkg. lime jelly
4 or 5 ice cubes
1 tsp. onion juice
1 cup unpeeled cucumbers (chopped fine)
¾ cup boiling water
¼ tsp. lemon juice
1 cup salad dressing

Method:

Dissolve jelly in boiling water, add ice cubes, lemon and onion juice. Chill and let partly set. Then whip before adding salad dressing and cucumbers.

MRS. J. H. MITCHELL

LIME LAYER SALAD

1 pkg. lime jelly
¼ tsp. salt
1 tbsp. lemon juice
1 pkg. (3 oz.) cream cheese (softened)
1 cup hot water
1 cup cold water
½ cup diced celery

Method:

Dissolve jelly and salt in hot water, add cold water and lemon juice. Chill 1 cup of jelly until slightly thickened. Then fold in orange and celery. Pour in 1 quart mold or 5 individual molds. Chill until almost firm. Soften cream cheese with remaining jelly and beat until smooth. Chill until firm and unmold on crisp green lettuce.

MISS M. STUTT

MOLDED WALDORF SALAD

1 pkg. lemon jelly
2 cups hot water
1 tbsp. vinegar
½ tbsp. salt
1½ cups tarty apples, diced
½ cup chopped walnuts
¾ cup diced celery

Method:

Dissolve the jelly in the hot water. Add vinegar and salt. Cover the bottom of a quart mold with a thin layer of jelly, and chill until firm. Chill remaining jelly until slightly thickened. Add apples, nuts and celery. Pour into mold and chill until firm. Serves 4 to 6.

NORRIE DAVISON

MARSHMALLOW AND FRUIT CUSTARD SALAD

Make custard of 4 egg yolks (or 2 eggs) and ½ cup milk. Place in refrigerator overnight. Two or three hours before serving add:

½ lb. miniature marshmallows
Red and green cherries cut in half
Four slices pineapple cut in small pieces.

Whip ½ pint cream and beat into this mixture. Serve on lettuce with rolls or raisin toast.

MRS. J. A. PRICE

PARTY SALAD

1 lemon jelly powder
1 cup boiling water
1 cup pineapple juice (drained from the tin of pineapple)
1 tbsp. vinegar
20 oz. tin crushed pineapple
½ lb. slivered cream cheese

Method:

Dissolve jelly powder in hot water, add pineapple juice and vinegar and chill until partly set. Fold in crushed pineapple and cheese. Set in one large or individual molds. Serve on lettuce topped with salad dressing mixed with whipped cream, or any fruit dressing. Serves 15.

MRS. D. N. WADE

PINEAPPLE SALAD

1. Heat for 5 minutes 1 cup crushed pineapple, juice of ½ lemon and ¼ cup granulated sugar.
2. Soak 1 tablespoon gelatin in ¼ cup cold water for 5 minutes. Add to first mixture.
3. Let cool and when it begins to set, add 1 cup mild grated cheese and ½ cup whipped cream.
4. Use your favorite salad dressing thinned with pineapple juice. Serve on lettuce leaf.

MRS. J. H. MITCHELL

RASPBERRY TANG SALAD

1 pkg. raspberry jelly
2 cups hot water
2 pkgs. cream cheese
¼ cup mayonnaise
1 banana
1 small can crushed pineapple
¼ cup shredded cocoanut
½ cup chopped walnuts

Method:

Dissolve jelly in water and chill until thickened. Whip until light. Mix cream cheese with mayonnaise. Mash banana and mix with jelly and add pineapple, cocoanut and walnuts. Mix well. Mold, either in individual molds or one large salad. Put on lettuce leaf if desired.

This salad is beautiful pink and can be used for buffet suppers or for showers. For showers it can be combined effectively with a ribbon loaf frosted with cream cheese, pink and white cookies, tea and coffee and pink and white mints. In winter use for a centre piece a silvered tree branch with pink bows and favors hung from it. In summer I like to intersperse pink carnations or tulips with tall, slender pink candles.

MRS. ELMER E. ROPER

SHRIMP AND TOMATO SALAD

Tomatoes
Lettuce
Shrimps
French dressing
Diced celery
Watercress
Cucumber slices

Method:

Cut tomatoes (peeled) in half crosswise, place each half in a crisp lettuce cup and arrange them on a serving tray, on each tomato-half, place three whole shrimps, some diced celery and a sprig of watercress. Garnish with cucumber slices (unpeeled) and serve the salads with french dressing.

MRS. A. WOOLGAR

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SOUFFLE SALAD

1 pkg. lemon jelly powder
1 cup cold water
½ cup mayonnaise
Chopped green onions
2 tins (9-oz.) shrimps
1 cup hot water
4 tsp. vinegar
Salt and pepper
1 cup shredded carrots
2 diced oranges

Method:

Dissolve jelly powder in hot water and add cold. Add vinegar, mayonnaise, salt and pepper. Blend and pour into a freezing tray and chill for 15 to 20 minutes. When chilled whip until fluffy and fold in chopped green onions and carrots. Fold in shrimps and oranges. Pour into molds and chill for 30 to 60 minutes.

MRS. E. MULHOLLAND

SUMMER SALAD

Lettuce
Radishes
Eggs (hard boiled)
Cress
½ cucumber
Tomatoes

Method:

Place a little salad dressing at the bottom of a salad bowl, put in lettuce etc. and mix well before serving.

MRS. BETH MAHOOD

TOMATO JUICE SALAD

Dissolve 1 package lemon jelly in 1 cup of boiling tomato juice and ¾ cup cold tomato juice. Set in refrigerator until partly set, then add 1 cup mixed vegetables: peas, grated onion, chopped apple and celery. Then add 1 teaspoon vinegar and a dash of cayenne. Reset in molds or plain bowl. Serve on lettuce.

MRS. M. BERGER

TOSSED SALAD

Break apart into pieces 1 head of lettuce. To this add, chopped up, the following:

1 small cucumber
Small amount of swiss chard **or**
4 small spring onions
4 or 5 radishes
2 medium sized tomatoes
3 sticks celery

Sprinkle over this mixture ½ cup (more or less as desired) french dressing and toss together. Makes about 3 or 4 servings.

MRS. A. DUNBAR

TUNA PINEAPPLE SALAD PLATE

1 7-oz. can tuna, flaked
1 cup diced celery
½ cup cubed pineapple
½ cup salted toasted almonds, slivered
2 tbsp. slivered ripe olives
¼ cup mayonnaise
¼ tsp. salt
Pepper
1 tbsp. cream

Method:

Mix all ingredients and chill well. Serve in lettuce cups.

MRS. J. FISHER

Add several drops of vinegar to icing while beating and it will be soft and seldom grainy.

TOMATO SOUP SALAD

1 pkg. lemon jelly
1 tin tomato soup
1 cup green peas (cooked)
1 cup water
1 tbsp. vinegar
1 cup chopped celery

Method:

Dissolve jelly in 1 cup boiling water, add soup and stir well. Add vinegar, peas, celery and mix well. Chill till firm.

MRS. J. H. MITCHELL

24 HOUR SALAD

1 egg well beaten
2 tbsp. granulated sugar
2 tbsp. vinegar
1 tbsp. butter
½ cup cream, whipped
1 cup miniature marshmallows
1 cup Bing cherries
1 cup pineapple chunks
1 cup mandarin orange pieces (cut and drained)

Method:

Put well beaten egg in double boiler, add vinegar and sugar and beat until thick and smooth. Remove from heat, add butter and cool. When cool, fold in whipped cream and drained fruit mixture. Turn into mold and chill in refrigerator for 24 hours. Serve on lettuce leaf, topped with whipped cream and a red cherry.

MISS VIOLET M. CHAPMAN, R.N.

VEGETABLE SOUFFLE SALAD

1 lime jelly
1 cup boiling water
⅔ cup cold water
4 tsp. vinegar
⅓ cup salad dressing
Pinch of salt
1 cup shredded cabbage
1 cup shredded carrots
½ cup diced celery
Shredded onion to taste

Method:

Dissolve jelly in hot water. Add cold water, vinegar, salad dressing and salt and beat with a rotary beater until blended. Put in a freezing tray to 15 minutes. Take out and put back in bowl and beat until fluffy. Add cabbage, carrots, celery and onion and put in dish to set in refrigerator.

MRS. J. A. PRICE

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BEET AND CELERY SALAD

1 qt. boiled beets, cubed
2 onions cubed
Salad dressing
1 stock celery cubed
Salt and pepper

Method:

Combine all ingredients with salad dressing, chill before serving.

MRS. R. W. PEEL

CHICKEN SALAD

2 cups cooked chicken
1 tbsp. capers
Mayonnaise
2 cups celery
3 hard cooked eggs

Method:

Mix diced chicken and celery with mayonnaise, tossing lightly together with forks. Serve on crisp lettuce. Garnish with capers and hard cooked eggs cut in quarters.

MRS. F. PRIOR

COLESLAW SOUFFLE SALAD

1 pkg. lemon-flavored gelatine
1 cup hot water
½ cup mayonnaise
½ cup cold water
2 tbsp. vinegar
¼ tsp. salt
1½ cups finely shredded cabbage
½ cup radish slices
½ cup diced celery
2 to 4 tbsp. diced green pepper
1 tbsp. diced onion
1 or 2 pimentos, diced

Method:

Dissolve gelatine in hot water. Blend in mayonnaise, cold water, vinegar and salt. Chill till partially set. Beat till fluffy. Add remaining ingredients. Pour into individual molds or 1-quart mold; chill till set. To serve, unmold on lettuce; garnish with radish slices. Makes 6 to 8 servings.

MRS. J. P. BUSHELL

CREAMY TUNA SALAD

1 can cream of celery soup
1 7-oz. can tuna
½ cup chopped celery
Juice of ½ lemon
3 oz. pkg. cream cheese
½ cup shredded carrot
1 tbsp. chopped parsley
Peas or green peppers

Method:

Blend soup with cheese and add other ingredients. Chill. Can be put in a jelly mould if desired.

MRS. FLORENCE G. PRATT

CUCUMBERS WITH SOUR CREAM

4 large cucumbers
¼ cup wine vinegar
2 tbsp. salad oil
2 tsp. salt
½ tsp. paprika **or** ⅛ tsp. black pepper
¼ cup heavy sweet or sour cream

Method:

Peel the cucumbers and slice thinly. Sprinkle with salt and let stand at least 15 minutes. Drain and press out moisture, add the vinegar and paprika. A few minutes before serving add the salad oil and cream.

MRS. L. M. KURANY

EGG PLANT SALAD

1 egg plant
1 tsp. sugar
½ tsp. salt
Tomatoes
1 small onion, grated
2 tbsp. lemon juice
1 tbsp. salad oil
Parsley

Method:

Pierce holes in the egg plant with a fork. Place in a glass baking dish and bake in a hot oven 400 degrees until tender. Cool slightly and peel. Chop fine. Combine the onion, sugar, lemon juice and salt and stir into egg plant. Cool. Just before serving add the salad oil. Heap in the centre of a platter and garnish with tomato slices and parsley.

PAULA BENNETT AND VELMA CLARK

ENGLISH SALAD

Shrimps (tin, well drained)
Cucumber (sliced)
2 or 3 tbsp. mayonnaise
Lettuce (shredded)

Method:

Stir mayonnaise into shrimps, cover with cucumber and lettuce and serve.

MRS. B. MAHOOD

FAVOURITE POTATO SALAD

Cut in cubes 5 cups of cooked potatoes. While they are still warm add 4 tablespoons of vinegar, 1 teaspoon salt, ½ teaspoon paprika, 1 small grated onion and ½ cup heavy cream. Set aside to chill. Just before serving mix in, using 2 silver forks, 2 tablespoons of chopped parsley. Add the cream carefully, as potatoes vary in quality; sometimes more cream, sometimes less, is required.

MRS. T. W. TEAPE

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FRUIT SALAD

24 marshmallows
2 juicy apples
½ cup nutmeats
1 can pineapple
6 oranges

Method:

Cut fruit and marshmallows into small pieces, then mix and chill.

MRS. R. JAMES

GOLDEN GLOW SALAD

1 cup boiling water
1 cup pineapple juice
3 medium sized carrots, grated
½ cup pecans, chopped
1 pkg. lemon gelatin
1 cup crushed pineapple
⅛ tsp. salt

Method:

Add boiling water to gelatin. Then add pineapple juice and chill. Mix remaining ingredients and spread in flat mold. When gelatin is thick like molasses, pour over carrot and nut mixture. Set aside to mold. Serve squares of salad in lettuce cups with mayonnaise.

MRS. F. PRIOR

JELLIED CARROT SALAD

I package orange jelly powder dissolved in 1 cup boiling water, let cool until starting to set. Add:

¼ cup shredded or finely cut carrots
½ cup crushed pineapple
1 tsp. vinegar

Put in refrigerator to set. To fancy up, put on dots of whipped cream or set in individual dishes.

MRS. M. BERGER

JELLIED SUMMER SALAD

1 pkg. lime jelly powder
1½ cups boiling water
½ cup cold water
1 tbsp. lemon juice
½ tsp. salt
2 tbsp. vinegar
2 cups mixed greens (shredded lettuce, sliced radish, diced celery, diced cucumber)
1 large tomato, cubed
1 small onion, thinly sliced
¼ cup quartered grapes (I use the little green ones whole when available)
2 slices cooked bacon, diced
1 banana

Method:

Dissolve jelly powder in boiling water. Add cold water, lemon juice, vinegar and salt. Chill until partially jellied. Fold in mixed greens, cubed tomato, onion slices, grapes and diced cooked bacon. Mix well. Turn into glass bowl and garnish top of jelly with banana slices, pushing the slices down with a fork until they are just covered with clear jelly. Chill until firm. Serve with tart dressing mixed with equal quantity of whipped cream. Makes 6 servings.

MRS. J. P. BUSHELL

Chill cookie dough for ½ hour before rolling—less flour will be required and you will have more tender cookies.

CHOICE SALAD DRESSING

2 tbsp. butter
1 cup milk
2 tsp. mustard
1 lemon
2 eggs
3 tbsp. sugar
3 tbsp. vinegar

Method:

Beat eggs well. Put milk in eggs and beat well. Put lemon, vinegar, butter on and heat. Add all together and beat well. Bring to a boil, stirring while cooking. Take off and beat well. Put in jars. Will keep for some time.

MRS. RALPH JAMES

QUICK SALAD DRESSING

2 eggs beaten
1 cup sugar
1 tbsp. flour
1 tsp. mustard (dry)
1 tsp. salt

Method:

Beat well, pour in ½ cup vinegar, ½ cup water. While cooking, add 1 tablespoon butter.

MRS. J. S. CLOCK

RUSSIAN DRESSING

½ cup sugar
½ tsp. mustard
3 tbsp. ketchup
2 tbsp. vinegar
½ tsp. onion juice
½ tsp. salt
1 cup mazola oil
1 tsp. Worcester sauce

Method:

Mix in a bowl the sugar, onion juice, mustard, salt and ketchup. Then gradually add oil, vinegar and Worcester sauce.

MRS. R. W. PEEL

"EVERYBODY'S FAVORITE"

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CASSEROLE FAVORITES

BACON AND EGG PIE

Cooked ham or fried bacon
Eggs
Flaky pastry

Method:

Line a shallow dish with flaky (or any variety) pastry. Put a layer of bacon or ham over it and break eggs over meat evenly. Add salt (if bacon or ham is not too salty) and pepper and cover with more pastry. Bake in moderate oven 350 degrees for ½ hour.

MRS. D. COLEMAN

BAKED CRAB CASSEROLE

2 cups crab—drained and flaked
4 tbsp. onion chopped
¾ cup mayonnaise
1 tbsp. Worcester sauce
1 tbsp. lemon juice
½ cup grated cheese
1 cup chopped green pepper
1 cup chopped celery
½ tsp. salt
½ tsp. pepper
2 cups slightly crushed potato chips

Method:

Combine all these in greased casserole, top with chips and cheese. Bake at 350 degrees for 30 minutes.

MRS. R. F. LAMBERT

BEEFSTEAK AND KIDNEY PIE

2 tbsp. butter
2 lbs. round steak (½" thick)
1 tsp. salt
2 tbsp. flour
½ cup chopped onion
1 beef kidney
⅛ tsp. pepper
1 tbsp. Worcester sauce

The above should be browned and cooked for 2½ hours before adding pastry.

Puff Paste

Cut ⅜ cup butter into 1½ cups sifted flour, add ½ tsp. lemon juice and ⅓ cup water. Turn onto floured board and roll out 1 inch thick and spread with ⅜ cup additional butter. Fold pastry in three and roll again and repeat twice (4 times in all). Chill thoroughly. Roll out ½" thick, cut to fit top of dish, bake in very hot oven 450 degrees F. about 5 minutes or until puffed, reduce heat to 350 degrees and continue baking until crust is done, about 30 minutes. Serves 5.

MRS. R. HARRISON

BROWNED PORK CHOPS AND RICE

3 pork chops
⅓ cup uncooked rice
½ tbsp. salt
1/16 tsp. pepper
1⅓ cups canned tomatoes
¼ cup diced celery
½ tbsp. sugar

Method:

Brown pork chops. Drain all grease. Combine and add rest of the ingredients. Simmer for about 1 hour.

MISS M. ROWSWELL

Spray shellac over the area around door knobs so that finger prints can be wiped off easily.

BUFFET CHICKEN CASSEROLE

5 lb. boiling fowl
1 onion (medium, sliced)
4 cups water

Method:

Add sliced onion to water and simmer fowl therein until tender. Slip meat from bones and cut in fairly large pieces. Strain and cool broth. Skim off fat.

1 10 oz. can mushroom soup
1 lb. sliced ham or 1 can cubed Prem
1 tsp. minced onion
2 cups milk
¼ tsp. dry mustard
4 oz. pkg. noodles
⅓ cup margarine
½ cup flour
2 cups chicken broth
⅓ cup slivered almonds

Method:

Slice mushrooms, saving a few, cook noodles until tender and drain. Melt butter for sauce, blend in flour and onion, salt, pepper and mustard. Cut ham in small slices with noodles, mushrooms and chicken—add to sauce. Turn into a greased casserole, sprinkle with almonds and arrange mushroom cups on top. Bake in 325 to 350 oven for 45 minutes. Serves 10.

If using fresh mushrooms allow 1 lb., wash, slice and sauté in 2 tbsp. butter. This is excellent.

MRS. T. H. FIELD

CASSEROLE OF SAUSAGE AND CORN

10 pork sausages
½ green pepper, chopped
1 cup medium white sauce
2 cups cooked whole grain corn
Salt and pepper to taste

Method:

Mix corn, green pepper, salt and pepper. Place in casserole in alternate layers with white sauce. Arrange sausages on top to radiate from centre. Bake in moderate oven 350 degrees F. 20 minutes.

MRS. H. J. BARLOW

CASSEROLE STEAK

½ cup flour
2 lbs. steak (round)
Few slices onion
½ green pepper
Salt and pepper
2 tbsp. fat
1 cup boiling water
1 cup strained tomatoes

Method:

Season flour with salt and pepper and pound it into the meat. Brown meat in fat, add onion, green pepper, boiling water and tomatoes. Put in casserole and cover. Cook in moderate oven 350 degrees F. about 1½ hours. Vegetables may be added if desired.

MRS. F. PRIOR

CHEESE FONDUE

1½ cups milk
1½ cups grated cheese
¼ tsp. salt
1½ cups bread crumbs
2 eggs (white and yolks separate)
½ tsp. dry mustard
1 tbsp. melted butter

Method:

Soak bread crumbs in milk for few minutes, add cheese and beaten egg yolks. Season, add melted butter. Fold in stiffly beaten egg whites. Pour into buttered baking dish and bake in 350 to 375 degree oven about 30 minutes.

MRS. E. E. HYDE

CHEESE, ONION AND TOMATO PIE

Short crust pastry

Filling:

2 medium parboiled onions
½ cup grated cheese
½ lb. tomatoes
1 tbsp. seasoned flour
2 tbsp. milk
Salt and pepper

Method:

Line a fireproof plate with ¾ of rolled out pastry, trim edges. Cut onions into thin rings, dip in seasoned flour and lay in pastry case. Sprinkle grated cheese over the onions, then top with halved tomatoes. Sprinkle with salt and pepper. Roll out rest of pastry and cut into strips, arrange on top of pie in lattice pattern. Bake in hot oven over 400 degrees about 35 minutes.

MRS. J. FISHER

CHEDDAR JACKET POTATOES

8 large potatoes
2 onions chopped
4-8 slices bacon
6 portions cheddar cheese chopped

Method:

Bake potatoes in usual way. About a half hour before they are done fry bacon with onion and add cheese. Slit the potatoes lengthwise and shell them. Add the potato to the cheese mixture, season and mix well. Stuff jackets with this mixture and re-heat. Serve hot.

MRS. J. FISHER

CHICKEN CASSEROLE

Large fowl
2 cans mushroom soup
1 small tin pimento
1 pkg. frozen peas
2 cups minute rice
1 can mushroom pieces
1 cup bread crumbs

Method:

Boil fowl until tender. Cut meat in small pieces. Set stock aside to cool, skim when thoroughly cool and mix bread crumbs with skimmed fat. Cook minute rice in the stock and thoroughly mix chicken pieces, soup, rice, pimento and peas and season to taste. Put in casserole and top with bread crumbs and skimmed fat. Cook in a hot oven 350 degrees for 1 hour. Serves 8.

MRS. E. H. STUTCHBURY

CHICKEN CASSEROLE

1 tbsp. butter or margarine
1 cup chicken stock
1 tsp. salt
1½ cups diced chicken
¼ cup chopped pimento
½ cup slivered almonds
5 tbsp. flour
1½ cups evaporated milk
3 cups cooked rice
1 10 oz. can boiled mushrooms (sliced)
⅓ cup chopped green pepper

Method:

Melt butter, add flour and blend, add stock and milk and cook over low heat (or in double boiler) until thick, stirring constantly. Add salt. Place alternate layer of rice, chicken and vegetables in baking dish. Pour the sauce over and top with slivered almonds and a few whole mushrooms. Bake in oven about 375 degrees until thoroughly hot—about 30 minutes.

MRS. E. B. BOCOCK.

In winter wipe the clothes line with a cloth moistened with vinegar, and your clothes will not stick to the line.

CHICKEN-TUNA CASSEROLE

1 cup "7-minute" or quick cooking macaroni
½ cup chopped onion
¼ cup green pepper (chopped)
¼ cup pimento (chopped, optional)
2 tbsp. flour
1½ cups milk
1 can cream of chicken soup
1 can flaked tuna
3 tbsp. fat
Almonds (blanched)

Method:

Cook the macaroni, drain. Cook onion and green pepper in hot fat until tender. Add flour and blend. Add milk and cook over low heat until thick, stirring constantly. Stir in chicken soup. Add remaining ingredients. Pour into greased casserole, garnish with the almonds and bake for 30 minutes at 350 degrees. This can be prepared and kept in refrigerator for several hours before baking. Very tasty for a luncheon or supper dish.

MRS. E. W. P. De LAROQUE

CHICKEN TETRAZZINI

1 chicken (boiled)
½ lb. sauté mushrooms
3 tbsp. butter or chicken fat
2 cups chicken broth
2 tbsp. cooking sherry
½ lb. spaghetti
½ cup blanched almonds
2 tbsp flour
1 cup heavy cream
Salt and pepper

Method:

Prepare a boiled chicken (boil with an onion stuffed with whole cloves). Cut the meat from the bones. Cook spaghetti, add to this mushrooms. Make a sauce of butter, flour, broth, seasoning and cook until thickened. Remove from fire and add 1 cup cream, heated, and sherry. Pour sauce over chicken, spaghetti, mushrooms and almonds. Place in a greased baking dish, sprinkle the top with grated cheese and bake at 375 degrees until golden brown.

MRS. J. A. PRICE

CHILI BEEF CASSEROLE

2 cups cooked macaroni
⅓ cup chopped onion
½ lb. ground beef
¾ cup tomato sauce
¼ cup grated cheese
1 tbsp. butter
1 tsp. salt
⅛ tsp. pepper
3 tbsp. chili sauce relish

Method:

Melt the butter and cook onion in it until yellow and transparent. Add meat and allow to brown. Mix with macaroni and other ingredients. Bake in a casserole at 350 degrees F. for 40 to 50 minutes. Cheese may be sprinkled on top if desired during the last 15 minutes and allowed to brown.

MRS. F. PRIOR

COLD CHICKEN CASSEROLE

1 fowl
3 pints water
1½ ozs. gelatin
Mixed herbs
6 peppercorns
⅛ tsp. allspice
2 bay leaves
Few drops gravy coloring

Method:

Put the dressed fowl in a casserole with the water, gelatin and other ingredients. Put in a moderate oven for 2 hours or until cooked. Turn 2 or 3 times. Remove fowl, place on dish, strain jelly over and leave until cold.

MRS. L. M. KURANY

PINEAPPLE CHICKEN CASSEROLE

1-5 or 6 oz. pkg. noodles
1 tbsp. butter
1 tbsp. flour
1 cup milk
1 can mushroom soup
1 tbsp. Worcestershire sauce
2 cups diced chicken
1 cup drained diced pineapple (canned)
1 tbsp. chopped pimento
1 tsp. salt
¼ tsp. pepper
1 cup slivered blanched almonds

Method:

Cook noodles to directions on package. Melt butter in top of double boiler; stir in flour, slowly add milk; cook until mixture thickens. Then stir in mushroom soup, Worcestershire sauce, chicken, pineapple, pimento, salt and pepper, and half the almonds. Grease a casserole dish; place a layer of noodles, then a layer of creamed mixture, finishing with a layer of creamed mixture. Brown remaining almonds slightly in oven in a little butter and sprinkle over top. Bake at 350 degrees for about 20 minutes. Serves 8.

MRS. H. BANCROFT

COMPANY CASSEROLE SPECIAL

½ lb. cold ham (cut in small pieces)
1 tin whole kernel corn
½ cup buttered crumbs
6 hard boiled eggs (sliced)
2 cups white sauce

Method:

Grease casserole well, place layer of ham, layer of sliced eggs, half the corn, pour over one cup white sauce. Repeat with remaining ham, eggs, corn, white sauce. Sprinkle top with buttered crumbs. Bake at 400 degrees 35 minutes. Very good.

MRS. B. PECK

CRAB OR TUNA CASSEROLE

8 oz. shell macaroni (cooked, drained)
½ cup milk
2 tbsp. butter
½ tsp. grated lemon rind
½ cup sharp cheese
1 can mushroom soup
1 7½-oz. can crab meat (tuna)
2 tbsp. chopped onion
1 tsp. lemon juice
1 tsp. salt
Crumbs

Method:

Combine soup and milk. Add lemon rind and juice, salt and cooked macaroni. Add onions cooked in butter until tender. Fold in crab meat. Place in buttered casserole. Sprinkle with crumbs and dots of butter. Bake in oven 400 degrees for 10 to 15 minutes. Serves 6.

MRS. J. H. MITCHELL

PORCUPINE MEAT BALLS

1 lb. hamburger (lean)
1 egg
1 tsp. salt
¾ regular rice
1 onion finely chopped
1 tsp. prepared mustard
1 can soup

Method:

Mix and form into about 12 balls. Place in casserole. Pour over this 1 can tomato, celery or mushroom soup and 1 can of water. Cover and bake 1 hour in 350 degree oven. Remove cover and continue to bake for 20 to 30 minutes. A good meal with baked potatoes.

DR. H. J. BARLOW

FISH PIE

2 lb. codfish
White sauce
Mashed potatoes

Method:

Cook the fish for 15 minutes, make a pint of white sauce, boil potatoes and mash. Pour sauce over the cooked fish and mix well together. Line a casserole with layer of mashed potatoes, then fish and sauce, top with layer of mashed potatoes. Sprinkle top with dots of butter, cook until well done.

MRS. B. MAHOOD

EGG, CORN, POTATO CASSEROLE

2½ cups cream corn
4 cups cubed, cooked potatoes
Salt and pepper
1 cup milk
4 hard cooked eggs
Butter and paprika

Method:

Mix together corn and milk. Arrange potatoes, sliced eggs, corn in layers in greased baking dish, sprinkle each layer with salt and pepper. Cover top with cracker crumbs, dot with butter and sprinkle with paprika. Bake at 400 degrees for 25 minutes.

MRS. B. PECK

FIVE IN ONE

2 med. sized potatoes, sliced
1 lb. minced beef
1 large can tomatoes
2 medium sized onions, sliced
1 cup cooked rice
Salt and pepper

Method:

Grease a fairly large casserole. Slice potatoes first, then onions, cover with minced beef, then the rice, put the tomatoes over all. Bake in a moderate oven 350 degrees for 1½ hours or until the onions and potatoes are soft.

MRS. B. PECK

FRIED RICE WITH SHRIMP

3 tbsp. salad oil
2 eggs
1 lb. fresh shrimp
⅓ cup diced onion
½ tsp. sugar
1 tsp. salt
4 cups cold cooked rice
2 tbsp. soy sauce
½ cup sliced mushrooms

Method:

Heat oil in skillet and fry eggs till firm. Cut in shreds. (Save half the shredded egg for garnish.) Put shrimp and onions, mushrooms and salt in frying pan. Cook over medium flame for 5 minutes, stirring constantly. Add egg, rice, soy sauce, sugar and cool until rice is heated. Sprinkle remaining egg on top.

MRS. F. A. HICKS

Dark lines which pans often leave in porcelain enamel sinks can be removed by first wiping the sink dry, then sprinkling with scouring powder and rubbing with an ordinary cork.

HAMBURGER CASSEROLE

2 tbsp. fat
1 lb. hamburger
3 chopped tomatoes **or**
1½ cups cooked tomatoes
½ green pepper chopped
Salt and pepper
Mashed potatoes
1 tbsp. minced onions
3 tbsp. flour
2 cups whole kernel corn
½ tsp. brown sugar
Dash of cayenne

Method:

Brown onions and crumbled hamburger in fat, stir flour smooth with some chopped or canned tomatoes, add to the hamburger with remaining tomatoes stirring until thickened, add corn, green pepper, sugar, cayenne and salt and pepper to taste. Simmer gently for about 5 minutes, stirring frequently, pour into greased casserole, top with seasoned mashed potatoes. Bake in hot oven 425 degrees F. about 25 minutes or until brown. Serves 6.

MRS. RALPH JAMES

HAMBURGER AND MUSHROOMS WITH SPAGHETTI

¾ tsp. salt
⅛ tsp. pepper
2 tbsp. butter
1 medium sized onion
¾ lb. hamburger
1 8-oz. can mushrooms
1 can spaghetti

Method:

Add seasonings to meat. Melt butter in pan, brown meat and onions, add enough mushroom liquid to moisten meat, add mushrooms and spaghetti, mix well and cook over low flame until heated through.

MRS. RALPH JAMES

HAWAIIAN HAM AND SWEET POTATO CASSEROLE

6 cooked sweet potatoes (medium sizes)
1½ tbsp. butter
1 tsp. salt
½ tsp. pepper
Milk—½ to ¾ cup
2 cups cooked ham, cubed
2 tbsp. butter or margarine
½ cup green pepper strips
1 can pineapple chunks, drained
2 tbsp. honey or brown sugar
1 tbsp. cornstarch
¾ cup pineapple juice
2 tbsp. vinegar

Method:

Mash sweet potatoes, add butter, salt, pepper and enough milk to whip fluffy. Sauté ham (in large saucepan) in 2 tablespoons butter until golden brown. Add green pepper and pineapple chunks; heat through. Combine honey, cornstarch, juice and vinegar and stir in. Cook until clear and thick. Put ham mixture in casserole and top with potatoes. Bake at 400 degrees 20 to 25 minutes.

LAURA LINDSAY, Channel 3 Hostess

HOME BAKED BEANS

2 lbs. navy beans
½ cup brown sugar
1 tbsp. dry mustard
1 tsp. pepper
1 lb. fresh pork (cut up small and fried until brown)
2 small onions (chopped)
½ cup catsup
1 tsp. salt
½ cup cream

Method:

Soak beans overnight, drain off water—save—combine dry ingredients, add catsup, add onions and pork to beans and catsup mixture and enough of the water to cover. Bake in bean pot in slow oven 250 degrees approximately 7 hours. Cover beans during half time of baking—add water when necessary and towards the last add cream.

MRS. A. WARWICK

JIFFY CASSEROLE

1 cup left-over cooked meat, cut in pieces
3 cups cooked noodles
½ cup milk
¼ tsp. pepper
1 can condensed cream of mushroom soup
1 tsp. salt

Method:

Put all together in buttered casserole and heat in moderate oven 350 degrees for 20 minutes.

MRS. F. A. HICKS

MEAT BALL PIZZA

1 lb. minced beef
½ tsp. salt
⅛ tsp. pepper
¼ cup chopped onion
¾ cup fine cracker crumbs
⅓ cup milk
1 tin (10 oz.) cream of mushroom soup

Method:

Mix together beef, onion, salt, pepper, milk and cracker crumbs. Shape into about 12 balls. Brown in 3 tbsp. fat, remove balls to casserole. Drain pan and add the soup plus ¾ cup milk, blend well. Pour over meat balls, cover and cook about 45 minutes at 325 degrees.

MRS. R. RITCHIE

MEAT LOAF

1 lb. beef (ground)
1 cup bread crumbs
1½ tsp. salt
⅛ tsp. pepper
½ cup water
1 lb. veal (ground)
1 cup chopped onion
1 can vegetable soup
1 can tomato soup

Method:

Lightly mix beef, veal, bread crumbs, seasonings with vegetable soup. Bake in moderate oven (350 degrees) 30 minutes in greased shallow baking pan. Mix tomato soup with water and pour over loaf. Bake 45 minutes more basting occasionally.

MRS. RALPH JAMES

MEAT LOAF

1 lb. well ground ham
1 lb. well ground beef
Ground bay leaf
2 eggs, well beaten
1 lb. well ground veal
2 cups bread crumbs browned
Salt and pepper

Method:

Mix all ingredients into a loaf and bake 60 minutes in 325 degree oven. When served hot, loaf is delicious with tomato sauce made from strained canned tomatoes seasoned with pepper, salt and Worcestershire sauce. Just before serving pour over finely diced fried bacon.

MRS. R. COUSINS

To remove grease stains, put brown paper over the spot and press with a not too hot iron. When grease appears on paper, replace paper, and keep doing this until the grease stain is removed.

MEAT PUFFS

2 oz. bread crumbs
1 lb. mashed potatoes
2 oz. flour
2 eggs
1 oz. butter
Minced cold meat
Pepper and salt

Method:

Add bread crumbs, butter, flour and seasoning to mashed potatoes. Add well beaten egg and make into a paste, sprinkle with flour and roll out. Cut into squares about ¼" thick. Put minced meat on each square and fold over cornerwise. Pinch edges, brush with egg and bread crumbs. Fry to a rich brown. Serve with gravy.

MRS. D. COLEMAN

MOCK CHICKEN

1 or 2 lbs. pork tenderloin (frenched)
1 can mushroom soup
1 egg
1 large onion
Cracker crumbs

Method:

Into beaten egg dip the pork, then into cracker crumbs which have been ground smooth. Fry until both sides are brown, put into a casserole with onion cut fine and the mushroom soup which has been diluted with water. Cook in moderate oven for 1½ hours.

MISS M. STUTT

Canning Chicken

Kill chicken night before. Wash and hang up to dry by feet. Next morning cut up in pieces, salt and pepper to taste. Pack tight in sealers and put 3 whole peppers on top and seal. Boil 3 hours. The sealer has a full jar of juice. A little sage may be added if desired. Delicious.

MRS. R. JAMES

MINCED CLAM CHOWDER

2 flat tins clam chowder
1 cup potatoes sliced thin
1 tbsp. butter
6 crackers rolled
⅛ tsp. pepper
Chopped pork or bacon
1 tbsp. onion, minced
2 cups milk
1 tsp. salt

Method:

Fry pork till brown, add potatoes and onion with just enough water to cover. When potatoes are tender add milk, crackers, butter, salt and pepper. When hot add clams and cook five minutes longer.

MRS. G. W. CAMPBELL

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POTATO PIE

Using left over meat sliced or in chunks—enough potatoes for your family. 1 onion.

Method:

Slice potatoes. Put in casserole: layer of potatoes, few slices of onion, then meat until all is used up. Pour over left over gravy and cook for 1 hour in 300 degree oven, with lid on. If no gravy, canned onion, mushroom or any other kind of soup you prefer may be used.

MRS. A. WARWICK

SAUSAGE OR HAMBURGER PIE

1 medium sized onion chopped fine
2 tbsp. fat
1 lb. hamburger or sausage meat
Salt and pepper to taste
1 can cooked green beans (2½ cups)
1 can medium sized tomatoes or tomato soup
5 medium sized potatoes—cooked and mashed
½ cup milk
1 egg

Method:

Brown onion in hot fat, add meat and seasoning and brown together. Add beans and tomatoes (or tomato soup) poured over scrambled meat. Combine mashed potatoes, milk, beaten egg and seasoning. Drop in spoonfuls over what is already in casserole and brown in a 400 degree F. oven. Serves four.

MRS. N. S. SUTHERLAND

SCALLOPED POTATOES SUPREME

8 potatoes
1 tin mushroom soup
¼ cup green pepper
¼ cup onion
1 cup milk

Method:

First combine onion, mushroom soup, milk and pepper. Peel potatoes, and put thin slices into greased casserole, pour part of the mixture over the sliced potatoes, then put in another layer of potatoes, then mixture until all used up. Cook 1 hour at 350 degrees.

MRS. F. THOMAS

SEA FOOD SURPRISE

⅓ lb. mushrooms
1 small onion (cut fine)
2 tbsp. butter
2 tbsp. flour
1 cup milk
Salt and pepper
½ cup cubed cheese
1 tin mushroom soup
1 can crabmeat
1 can shrimp
1 can lobster
Crushed potato chips

Method:

Any sea food may be used.

Sauté mushrooms in butter—add scraped onions. Make sauce of butter, flour and milk, seasoning and cheese, add the tin of soup. Put in casserole layer by layer—adding crushed potato chips, cooked rice may be used in place of chips, then top with chips and sprinkle with grated Parmesan or Romano cheese.

MRS. A. WARWICK

Boil a vinegar solution in your teakettle to remove a light lime deposit. Repeat at intervals, using the same vinegar solution.

SPAGHETTI CASSEROLE

2 cups spaghetti (macaroni or noodles)
1½ cups grated cheese
1 tin condensed tomato soup
½ cup breadcrumbs
1 cup chopped peanuts
¼ cup chopped celery
Salt and pepper
2 tbsp. melted shortening

Method:

Cook spaghetti in boiling salted water for about 20 minutes (until tender). Drain mix with nuts and cheese and celery. Turn into greased casserole. Season the soup which has been diluted with ½ can of milk or water with salt and pepper and pour over spaghetti. Top with breadcrumbs mixed with the melted butter. Bake at 350 degrees until golden brown.

MRS. E. E. HYDE

SPICED HAM LOAF

1 cup bread or cereal crumbs
½ lb ground fresh pork
1 tbsp. brown sugar
¼ tsp. cloves
½ cup milk
2 cups ground ham
1 egg

Method:

Soften crumbs in milk, combine all ingredients and mix well. Pack into loaf pan. Bake in moderate oven 350 degrees for 10 minutes. Serves 6.

MRS. J. TEMPLEMAN

STEAK AND KIDNEY PIE

1 lb. pie steak
1 tbsp. flour
½ tsp. pepper
8 oz. pastry
1 sheep's kidney
1 tsp. salt
Little water

Method:

Skin and halve the kidney. Remove fat and cut up. Cut the meat into strips and dip in seasoned flour (flour, salt and pepper). If the steak has already been cooked it should be cooled before using. Put a piece of kidney on each strip of meat and roll up. Place in pie dish and half fill with water. Roll out the pastry. Wet the edge of the pie dish and line with a strip of pastry. Wet the lined edge and cover with remaining pastry. Trim edges, then make a small slit in the centre and brush over with egg. Decorate with leaves made from pastry and brush over with egg. If the meat is raw, bake in a hot oven for ½ hour, then reduce heat and continue baking for 1½ hours or until the meat is tender. If the steak has already been cooked, bake in a hot oven for ½ hour. Fill up with hot seasoned steak.

Baking for first ½ hour temperature 450 degrees.

MRS. R. GREENMAN

COMPLIMENTS OF

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STEWED STEAK CASSEROLE

1½ lbs. round steak
4 large potatoes
1 medium sized onion
Beef stock or can of beef soup

Method:

Cut steak into serving size pieces and put into casserole with layers of sliced onion in between. Slice up potatoes into rounds about ¼" thick and spread on top of meat. Pour stock or beef soup over it and bake at 400 degrees for 1½ hours. Turn up the heat for the last 15 minutes to brown potatoes. Serves 5 to 6.

MRS. M. TEMPLETON

SWISS STEAK

2 lbs. rump steak (cut 1" thick)
2 tbsp. flour
⅛ tsp. pepper (strong)
¼ tsp. salt
3 tbsp. melted suet or bacon dripping
2 cups hot stewed tomatoes
1 onion

Method:

Wipe steak with clean dry cloth, cut in pieces for serving, add salt, pepper to flour and pound into the steak. Heat the suet and sear on both sides of the meat. Add tomatoes and onion, cover and cook slowly until tender, about 2 hours. A little water may be added if needed. Serve with steamed rice.

MRS. A. CALLEGARI

TEXAS HASH

2 large onions (sliced)
1 tbsp. shortening
½ cup uncooked rice
¼ tsp. pepper
1 28-oz. can tomatoes
2 green peppers, chopped, optional
1 lb. lean hamburger
1 tsp. chili powder
2 tsp. salt

Method:

Sauté onions and green peppers. Add hamburger and fry until brown. Add rice and seasoning. Mix. Add tomatoes. Put in large casserole and bake at 350 degrees 45 minutes.

MRS. J. A. PRICE

When cutting cream pies dip the knife in warm water and none of the filling will stick to the knife.

To prevent the bottom crust from becoming soggy grease the pie plate with butter. The crust will be soft and flaky.

COMPLIMENTS OF

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MUSHROOM PIE

1 unbaked pie shell
1 tsp. sweet basil
½ tsp. curry (optional)
1 cup shredded cheddar cheese
1 cup milk
3 eggs
⅛ tsp. mustard
1 cup mushrooms (cut up)
2 tbsp. butter
Salt and pepper

Method:

Fry mushrooms in 2 tbsps. butter, only until heated through. Beat eggs, add milk and other ingredients, then mushrooms, pour into pie shell and bake in 400 degree oven for 10 minutes then reduce heat to 350 degrees and continue till knife comes out clean when tested. About ½ to ¾ hours. Serve with tossed salad.

MRS. A. WARWICK

PAPRIKA BEEF ROLL

(Company supper to serve six generously)

2 round steaks (about 3 pounds)
¼ pound fresh or tinned mushrooms
1 medium onion (thinly sliced)
1 pimento (chopped)
Salt, pepper, paprika
½ cup melted butter
1 tablespoon boiling water
1 raw egg
2 cups finely rolled bread crumbs
Stuffed olives (optional)

Method:

Pound steaks until thin and rub in salt, pepper and paprika. Spread pounded steaks with mushrooms and thinly sliced onions. Add chopped pimento. Let stand.

With beater combine melted butter, boiling water, egg and dribble mixture over bread crumbs. Cover steaks that have been seasoned and covered with mushrooms and onions with bread crumb mixture. Arrange stuffed olives in a row on long side of steak. Roll steaks and tie firmly.

Flour outside of two steak rolls and brown in butter in deep baking dish or roaster. Place six whole mushrooms and three small onions into pan and sprinkle all lightly with salt, pepper and paprika. Add one cup of red wine and roast meat in 350 degree oven for two hours.

PEGGY MacFARLANE, CBC Commentator

PARTY TUNA MOLD

1 pkg. lemon jelly powder
1 cup hot water
½ cup ice cubes or cold water
2 tbsps. lemon juice
2 7-oz. cans (2 cups) tuna, flaked
1 cup chopped celery
½ cup sliced olives
½ cup mayonnaise or salad dressing
½ tsp. paprika

Method:

Dissolve jelly powder in hot water. Add ice cubes and stir until dissolved. Add lemon juice, mayonnaise and paprika. Blend well with rotary beater. Chill until partially set. Beat again with rotary beater. Fold in tuna, celery and olives. Mix thoroughly. Pour into molds. Chill until set. Serves 6 to 8.

MRS. R. W. PEEL

TOAD-IN-THE-HOLE

Cook one pound sausage first, then place in baking dish, and cover with the following batter:

1 cup flour
½ teaspoon salt
5 eggs, well beaten
Enough milk to make batter the consistency of thick cream

Pour over sausage and bake in hot oven about 20 minutes.

MRS. T. W. TEAPE

TUNA FISH CASSEROLE

Cook in boiling salted water until tender, one 8-ounce package wide noodles; drain. Combine:

1 7-ounce tin tuna fish, flaked
1 small green pepper, diced
1 medium onion, chopped
1½ cups diced celery
1 can cream of mushroom soup
¼ cup milk
Salt and pepper

Method:

Arrange in alternate layers, tuna fish and noodles, in buttered casserole. Top with potato chips, crushed. Dot with butter. Bake in slow oven 30 minutes.

MRS. T. W. TEAPE

TUNA OR CHICKEN CASSEROLE

1 8-oz. package broad noodles
1 7-oz. can solid white tuna fish
1 10-oz. can Campbell's mushroom soup

Method:

Cook noodles and drain. Drain tuna and mix with noodles and mushroom soup, salt, pepper, to taste. Diced celery or green pepper make a pleasant addition. Some milk may be added to bring to right consistency. Bake in casserole for about 25 minutes in moderate oven. If preferred noodles may be buttered and shaped in ring mold and creamed mixture used to fill centre. Left over diced chicken may replace tuna.

MRS. L. HAND

TUNA CASSEROLE

1½ cups broken noodles
½ cup evaporated milk
1 cup grated cheese
1 can mushroom soup
1 7-oz. can tuna
⅓ cup chopped onion

Method:

Cook noodles in unsalted water, drain, mix with mushroom soup, milk, tuna, cheese and onion. Pour into greased 1½ quart baking dish. Top with ½ cup broken potato chips. Bake in 425 degree oven 15 minutes or until bubbly hot

Note—Corned beef may be used instead of tuna and chicken instead of mushroom soup.

MRS. J. FISHER

TURKEY A LA KING

2 cups cold turkey
3 tbsp. chopped green pepper
3 tbsp. flour
1 can mushroom soup **or**
1½ cups milk and some mushrooms
2 egg yolks
3 tbsp. butter
3 tbsp. pimento
1 tbsp. sweet green relish
Salt to taste

Method:

Melt butter, sauté pepper, pimento and flour. Gradually add soup and stir well, add relish, salt and turkey. Beat egg yolks with a little milk till foamy and add last.

MRS. R. F. LAMBERT

INTERNATIONAL DISHES

CHINESE SWEET AND SOUR SPARE RIBS

3 lbs. spareribs
1 tbsp. bacon fat
2 tbsp. cornstarch
¼ cup cold water
1 tsp. salt
1 tbsp. vinegar
3 tbsp. soy sauce
¼ cup pineapple juice
½ cup sugar (brown)

Method:

Melt fat in pressure cooker—brown ribs well and remove. Blend cornstarch with water. Add to fat in pan with salt, sugar, vinegar, soy sauce and pineapple juice. Cook until liquid is smooth and thickened. Cook 15 min. at 15 lb. pressure. Serves 4.

MRS. P. YURKIW

CHINESE STYLE HOT DOGS

Cut six frankfurters in thin strips about 2 inches long. Melt three tbsps. butter or margarine over low heat. Add one cup thinly sliced onions, one cup celery and the sliced hot dogs. Cook until onions and celery are tender. Then add one one-pound, 11-oz. can sauerkraut to hot dogs. Drain one 14 oz. can of pineapple chunks. Add the pineapple syrup and one-half can water to the sauerkraut mixture. Heat to boiling point. Mix two teaspoons corn starch and two tablespoons soy sauce and blend well. Gradually add to kraut mixture and cook. Stir occasionally, until slightly thickened. Then add pineapple chunks and cook 10 minutes. Serve with Chinese noodles.

MRS. J. A. PRICE

CHOP SUEY

¾ cup oil or shortening
1 onion
1 cup chopped celery
1 can mushrooms
1 can bean sprouts
2½ lbs. pork or veal or mixed—cubed
1 green pepper
1 can bamboo shoots or any Chinese vegetable

Method:

Heat oil very hot. Fry cubed meat until brown. Fry onion, celery, and pepper until brown. Mix all together in a large kettle. Add mushrooms and sprouts, etc. Add water to cover and simmer 1 hour or until meat is tender. Thicken with flour and milk. Cook 15 minutes. Add soy sauce to taste. Serve with boiled rice.

MRS. R. EDITH COUSINS

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COQUILLES SAINT JACQUES

(Scallops with a French touch)

8 large scallops (fresh or frozen)
4 tbsp. butter or margarine
1 tbsp. chopped green onion
¼ lb. sliced mushrooms—(3-4 oz. can)
1 cup white wine (Rhine, Chablis or Sauterne)
1 tsp. chopped parsley
¼ tsp. thyme
¼ tsp. basil
Salt and pepper
½ cup cream
¼ cup fine dry bread crumbs

Method:

Drain scallops on paper towelling and cut in ½" cubes. Heat 2 tbsps. butter in heavy skillet over medium heat. Add scallops, onion and mushrooms and cook until vegetables are soft. Combine flour and wine, with parsley, thyme and basil, salt and pepper; add to scallops blending well. Reduce heat, cook slowly about 10 minutes stirring occasionally. Stir in cream and cook 1 minute longer. Pour mixture into 4 buttered individual shells or baking dishes. Melt remaining 2 tbsps. of butter and combine with bread crumbs. Sprinkle on top of mixture. Bake in moderate oven about 20 minutes or until bubbly.

MRS. W. M. RITSON-BENNETT

DANISH ORANGE CAKE

2 cups sifted flour
1 tsp. soda
pinch salt
1 orange, juice and rind
1 cup raisins
½ cup shortening
1 cup white sugar
2 eggs, beaten
⅔ cup sour milk or buttermilk

Method:

Sift together, flour, salt and soda. Sqeueze juice from orange and reserve for icing. Put orange rind and raisins through food chopper. Cream shortening and sugar, add eggs, and beat until smooth. Add orange rind and raisins to batter alternately with sour cream and dry ingredients. Bake in greased 8 x 8 pan at 325 degrees for 50-60 minutes.

Topping—Add 1 cup white sugar to reserved orange juice. Pour over cake when taken out of oven.

MARIE CLAUSEN

EAST INDIAN DINNER

2 lbs. lean beef (cut in small pieces)
½ large can tomato juice
4 medium size apples (peeled and ground)
½ can Madras Curry Powder
12 hard boiled eggs
Dates, raisins, Spanish Peanuts, and a few bananas

Method:

Brown and stew beef with water to cover until tender. Drain any water still on and remove any fat on the meat. Add the tomato juice and the ground apples and simmer. Stir in the curry powder.

Serve on a large platter. Chop some hard-boiled eggs on top of the meat and arrange the other hard-boiled eggs (cut in half) around the meat. On a separate plate arrange dates, raisins, nuts, and large chunks of banana (to be eaten at the same time as the meat).

Serve very dry, red wine with dinner.
No dessert is necessary.
Strong coffee or café au lait is served following dinner.

MRS. T. H. NEWTON

To remove iodine stain cut some rhubarb up in small pieces, put some water on the rhubarb and wash stain with the water.

EGGS - FU - YUNG

4 tbsps. lard or salad oil
½ lb. lean pork—variations, leftover ham, shrimp, fish, crab or chicken —shredded
4 stalks celery cut in shreds 1" long
2 scallions or 1 medium onion, shredded
¼ lb. bean sprouts
2 tbsp. soy sauce
2 tsp. sugar
8 eggs, beaten with 1 tsp. salt
1 tbsp. cornstarch
¼ cup cold water

Method:

Heat 1 tbsp. lard in large skillet. Place pork in skillet, stir—fry for one minute over medium heat. Add onion, celery and bean sprouts—fry another minute. Mix soy sauce and sugar, add to mixture, cook one minute. Take off heat, strain liquid into one bowl, transfer meat and vegetables to another bowl. Beat eggs with salt until frothy. Add second tbsp. fat to same skillet, add eggs. Do not stir, cook over medium heat, lifting edges and moving skillet to prevent burning. Just before eggs set, add meat and vegetables in **centre** of omelette. Cook another minute. Fold in half and cook 1½ minutes each side. Take care not to break in turning. Slide omelette onto hot serving plate. Quickly mix tbsp. cornstarch with water. Mix well, then stir into saved liquid, cook this mixture until transparent. Pour over eggs and serve.

MRS. P. YURKIW

GERMAN COFFEE CAKE

1 cup sugar
½ cup shortening
2 unbeaten eggs
1 tsp. vanilla
2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 cup sour cream or (2 tbsp. buttermilk powder and 1 cup water)

Filling—½ cup chopped walnuts
¾ cup white sugar
3 tbsp. cinnamon

Method:

Cream butter and sugar. Add eggs. Sift dry ingredients. Add alternately with liquid. Put half batter in an angel food pan and put half filling on top. Add remainder of batter. Put rest of filling on top. Bake in moderate oven for 45 minutes. Good warm or cold.

MRS. W. G. BURCH

HUNGARIAN STYLE VEAL STEW

2 lbs. stewing veal
2 tbsp. chicken fat or dripping
1 tbsp. paprika or more
1 clove garlic
2 tsp. salt
2 crushed peppers
1 small can tomato soup
1 cup water
1 green pepper sliced
Dash allspice
1 cup sour cream
2 onions sliced

Method:

Cut veal in 1½" pieces and sauté in chicken fat for 5 minutes. Turn now and then to brown lightly on all sides. Add the next 6 ingredients and cover. Simmer about 1 hour or pressure cook 15 minutes. Add the green pepper, onion and allspice. Simmer 10 minutes. Thicken with 3 tablespoons flour mixed smoothly with ½ cup cold water. Add sour cream and reheat without boiling. Serve with fluffy rice and a green vegetable. Makes 6 servings.

MRS. W. TEMPLEMAN

Rub some dry mustard on your hands after peeling onions and then wash them in the ordinary way. You will find that all odor will be removed.

HUNGARIAN CABBAGE ROLLS

1½ lbs. pork } ground
½ lb. veal or beef }
1 large head cabbage
½ medium sized onion
Clove of garlic
Salt, pepper, paprika
4 cans tomato soup or juice
1 cup long grained rice
1 can sauerkraut
Lard

Method:

Remove some of hard core of cabbage. Drop into large pot of boiling water (salted) and cook until wilted. Do not overcook or the leaves will tear when separated. Put a little lard into a frying pan. Fry until soft, one-half of a finely chopped onion and one clove of garlic. Add ¼ to ½ tsp. paprika—stir. (Paprika always colours and blends better when fried). Add rice and stir until the fat is absorbed—about one minute over very low heat. Put the ground meat (salted and peppered to taste) together with the onion rice mixture into a large bowl and mix well. Gently separate the drained cabbage leaves. Cut out any hard center veins and roll a little of the meat mixture carefully and firmly in each leaf or leaves. None of the meat mixture should be able to escape. Pack rolls into a large lidded kettle or roaster, alternating with thin layers of sauerkraut and any left over cabbage. Cover with tomato soup (or juice) and water. Pieces of smoked bacon also impart a nice flavour. Simmer 1 to 2 hours. This dish can be prepared ahead of time and reheated when needed. It keeps well in a cool place. Seasonings can be modified according to individual tastes. Meat may be omitted when desired.

MRS. L. M. KURANY

ITALIAN SPAGHETTI SAUCE

1 cup olive oil
1 lb. ground beef
1 tsp. salt
¼ tsp. pepper
1 clove garlic (minced)
or ½ tsp. garlic powder
1 tbsp. chili powder
1 cup mushroom slices
3 cups tomato juice
½ cup Italian tomato paste
1 cup sliced celery
½ cup grated carrot
1 lb. spaghetti
Parmesan cheese

Method:

Heat olive oil in Dutch Oven. Add meat and seasoning and cook over moderate heat, stirring occasionally until meat is nicely browned. Add onion and garlic toward end of browning period. Now add remaining ingredients, except celery and carrots. Cover and cook, over low heat, for one hour. Just about 15 minutes before serving, add celery and carrots, cover and continue cooking while boiling spaghetti in 5 times its volume of water. Serve in deep platter with sauce poured over spaghetti and Parmesan cheese over all. Whole meal for 6 to 8.

MRS. W. M. RITSON-BENNETT

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MEXICAN WEDDING CAKES

1 cup soft butter
3 cups sifted flour
4 tbsps. powdered sugar
½ tsp. vanilla
½ tsp. almond flavouring
1 cup chopped nuts

Method:

Blend ingredients to make a stiff dough. Pinch off pieces, roll into balls size of walnut. Bake 13 minutes at 400. Shake gently in bag of fine sugar.

MRS. W. M. RITSON-BENNETT

NORWEGIAN POTATO PANCAKES (LEFSE)

6 medium sized potatoes, cook, mash or rice thoroughly. Whip in until potatoes are fluffy—
¼ cup butter
¼ cup milk and a mixture of—
1½ tsp. salt
¼ tsp. monosodium glutamate (meat tenderizer)
1 tsp. sugar
⅛ tsp. pepper

Method:

Cool potatoes; chill in refrigerator. Set a griddle or heavy skillet over low heat. Measure 3 cups sifted flour. Add ½ flour to potatoes and beat until smooth. Beat in enough remaining flour to make a soft dough. Roll into a round about ⅛ inch thick. Cut into 6 inch rounds. Do **not** grease the griddle. Place Lefse on griddle and cook until lightly browned on both sides. Remove to a clean, dry towel. Cool lefse completely. Spread cold lefse with softened butter. Roll loosely and serve. Makes about 2½ dozen pancakes or lefse.

GERTRUDE BARLOW

PIZZA PIE

(Preheat oven to 425°)

CRUST

2 cups Bisquick
½ cup milk
2 tbsp. mustard (prepared)

Method:

Mix mustard and milk together thoroughly. Then add slowly to the Bisquick mix and knead for one minute. Spread on Pizza pan and bake in oven for 15 or 20 minutes or until golden brown.

FILLING

3 7½ oz. cans tomato sauce
1 tbsp. prepared mustard
1 tbsp. sugar
¼ tsp. oregano
¼ tsp. French's red pepper

Method:

Mix well. Bring to a boil and simmer for 10 minutes.

MEATS

1 lb. ground beef
4 wieners or sausages (chopped fine)
½ cup chopped onions
½ cup chopped green pepper
3 slices of cheese (cut in 6 strips)
1 8 oz. can of mushrooms

Method:

Brown ground beef, wieners and onions. Then add green pepper.

When crust is done, spread sauce on, then add browned meat. Spread evenly. Lay cheese strips on top. Put back in oven for 15 to 20 minutes or until cheese is melted.

Drain and slice mushrooms, then brown lightly. When pizza is done, sprinkle mushrooms on top. Serve hot.

R. E. BROWN

POOR MAN'S COOKIES (NORWEGIAN)
(Fattigmands Bakkeke)

A deep saucepan or automatic deep-fryer will be needed. Sift together and set aside—

5 cups flour
1 tsp. cardamon

Method:

Beat until mixture is thick and lemon coloured.

10 egg yolks
2 egg whites
¾ cup sugar
3 tbsp. brandy

Method:

Add slowly, stirring in 1 cup heavy cream.

Blend in flour mixture about ½ cup at a time, to make a soft dough. Wrap dough in waxed paper and chill over night in refrigerator. Set out a deep saucepan or automatic deep-fryer filled ½ full of lard and heat to 365 or 370 degrees F.

Meanwhile, roll dough, a small portion at a time, to $\frac{1}{16}$ inch in thickness on a lightly floured surface. Cut into diamond shapes 5 x 2 inches. Deep fry 1 to 2 minutes or until golden brown, turning once during deep frying time. Drain for a few seconds over fat before removing to absorbent paper. Sprinkle with sugar. Store in tightly covered container. Makes about 6 dozen cookies.

GERTRUDE BARLOW

Keep furniture casters from squeaking by dipping the shanks of the casters in petroleum jelly before slipping them into place.

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SCOTCH SHORTBREAD

1 cup butter
½ cup brown sugar
2 cups flour or more

Method:

Wash the butter by working it in a bowl of cold water with a paddle, pack into a cup, pour off any water, place in a mixing bowl. Add the sugar gradually and beat until light and fluffy. Add flour slowly. When a stiff dough is formed, turn out on a floured board—knead in flour until dough begins to crack. Roll ½" thick, shape with a teaplate, crimp the edges as for pie. Prick with the tines of a fork. Bake at 325 for 30 minutes. Makes 2 to 3 round cakes.

SWEDISH PANCAKES " PLATTAR"

1 quart buttermilk or sweet milk
4 eggs
⅓ cup sugar
1½ cups flour
½ tsp. salt

Method:

Beat eggs and sugar together. Add milk, then beat in the flour until smooth. Very thin batter. Bake in well-greased small skillets (small egg pan).

MRS. R. COUSINS

TURKISH PILAV (RICE)

2 cups uncooked rice
4 medium tomatoes (or canned tomatoes)
⅛ lb. butter
3½ cups liquid (water, meat stock or chicken broth)
2 tsps. salt

Method:

Wash and drain rice well, then set aside. Cut tomatoes, peeled and seeded into small chunks. Heat butter and tomatoes together until a tomato paste is obtained, then add liquid and salt and boil for two minutes. Add rice while liquid is boiling, stir once, cover and cook over medium heat without stirring again until rice has absorbed all the liquid. Turn flame very low and simmer for another 20 minutes. Remove from stove and leave covered for 30 minutes—do not stir. When transferring rice to serving dish, use a flat serving spoon, handling the rice very gently, to keep it fluffy. Pilav goes well with shish kebab.

KUMRAN SENTURK, Ankara, Turkey

TURKISH SHISH KEBAB

2 lb. leg of lamb
1 tbsp. olive oil
Juice of ½ lemon
Salt and pepper
1 medium onion sliced
3 medium tomatoes sliced
Bay leaves
Green pepper (optional)
Eggplant (optional)

Method:

Cut meat into one inch cubes. Mix olive oil and lemon juice and rub into meat. Place in dish, sprinkle with salt and pepper, and cover with slices of onion and tomatoes and a few bay leaves. Place in refrigerator for 4 or 5 hours. Arrange meat on spits alternately with tomatoes and onions, and an occasional bay leaf. Broiling over charcoal is preferable, but it may also be done over an open wood fire or in an oven broiler. Green pepper and sliced eggplant may also be inserted between meat on spit.

KUMRAN SENTURK

WESTERN CHOW MEIN

1 can luncheon meat
1 cup sliced onions
1 cup slivered celery
½ cup slivered green pepper
¼ cup cornstarch
1 cup consommé
½ cup Burgundy wine (optional)
1 tsp. soy sauce
1 small can whole mushrooms (drained)
3 tbsp. butter
Canned crisp Chinese noodles

Method:

Coarsely grate luncheon meat. Combine onions, celery, and green pepper. Combine cornstarch and ¼ cup consommé.

At serving time, melt butter in chafing dish blazer or in heavy skillet; add meat and sauté until well browned. Add onions, celery and green pepper and sauté until onions are golden. Add mushrooms and mixture of cornstarch and consommé. Simmer until thick and clear. Measure and stir in Burgundy and soy sauce. Serve on crisp noodles.

LAURA LINDSAY, Channel 3 Hostess

WESTERN CHINESE CHICKEN

2 tbsp. butter
1 sliced green pepper
2 cups cooked chicken, cut in large pieces
1 can cream of chicken soup
1 can pineapple chunks, drained
½ tsp. onion salt

Method:

Melt butter. Add green pepper and sauté until tender. Add remaining ingredients and cook until heated through thoroughly. Serve on fluffy rice or canned crisp Chinese noodles.

LAURA LINDSAY, Channel 3 Hostess

When making griddle cakes grease the pan for the first cake. After that rub a piece of raw potato over hot griddle instead of greasing. The cakes brown nicely and there will be no smoke.

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COOKING FOR CUBS & SCOUTS

BREAKFAST FOR 50

4 large tins of Grapefruit and Orange Juice
8 lbs. of bacon
10 dozen eggs
10 dozen soft Pan Buns (heated)
2 lbs. butter
1½ quarts of creamee
1 lb. of coffee
2 lbs. marmalade

FATHER AND SON BANQUET

Meats for 100 people

Beef roast 36 to 40 lbs.
Pork 40 to 45 lbs.
Turkey or Chicken (roast) 50 to 60 lbs.
Turkey or Chicken (boiled) 50 lbs.

Vegetables

Carrots, pear, corn (frozen) 26 lbs.
Potatoes—scalloped or mashed 25 to 30 lbs.
Celery, carrot sticks, pickles
Rolls 20 dozen or bread, 12 loaves

Dessert

Dixie Cups and cookies
Milk for boys
Coffee for fathers

FATHER AND SON BEAN SUPPER
for 100 people

4 dozen pork and beans (20 oz. each)
2 lbs. of bacon
6 pkgs. of Weiners
25 dozen soft buns
10 bowls of cabbage slaw
2 lbs. of celery sticks
2 lbs. of carrot sticks
Several bottles of Ketchup

Dessert

23 apple pies
2½ lbs. of cheese
4 qts. of ice cream (if served with pie)
½ pt. carton milk per boy
Coffee for fathers or
Dixie cups and assortment of cookies—(30 dozen cookies)

BEEF STEW (For 100)

25 lbs. beef
3 lbs. flour
½ cup salt
2 tsp. pepper
3 gal. water
8 lbs. carrots (cubed)
8 lbs. potatoes (cubed)
½ lb. onions

Method:

Cut fat from meat and fry out. Cut meat in desired sized pieces and dredge with part of flour and seasoning. Sear meat in fat, add onions and cook until onions are delicate brown, cover with boiling water and cook slowly until tender, add vegetables and cook until tender. Mix rest of flour with a little water and thicken stew, stirring constantly. Serve with crusty rolls or French or Rye bread.

CABBAGE SLAW (for 100)

10 lbs. cabbage shredded
1 lb. green peppers
3 lbs. tomatoes cubed
3 lbs. carrots grated
2 lbs. celery chopped
4 tbsp. salt

Combine all ingredients—serve with mayonnaise.

CHICKEN SALAD (for 100)

18 cups diced chicken
8 cups chopped celery
6 cups mayonnaise, well seasoned with salt and pepper
4 cups chopped sweet pickles
2 cups toasted almonds (optional)

Mix all ingredients together—chill and serve on lettuce.

Serve Parker house rolls.

SAVORY MEAT LOAF (for 100)

20 lbs. beef ground
8 tbsp. grated onion
4 qts. bread crumbs
8 eggs
4 cups tomato ketchup or canned tomatoes
4 tbsp. salt
1 tsp. pepper
3 tbsp. tarragon

Method:

Combine all ingredients and mix thoroughly. Pack into loaf tins and bake in moderate oven 350 degrees for 1 to 1¼ hours. Serve with brown gravy or Spanish Sauce.

HAM LOAF (Serves 50)

5 lbs. lean pork (ground)
3 eggs, well beaten
1 tbsp. salt
2½ qts. bread crumbs
5 lbs. smoked ham (ground)
1 qt. milk
1 tbsp. pepper

Combine all ingredients, mix well, and place in greased pans. Bake at 350 degrees for 1 to 2 hours. This recipe makes 4 loaf tins.

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HAM WITH SCALLOPED POTATOES (serves 50)

15 lbs. smoked ham
6 medium sized onions
3 cups flour
1 tsp. pepper
15 lbs. potatoes
1½ lbs. fat
1 gal. milk

Method:

Peel and cube potatoes, boil in 2 gallons unsalted water until almost done. If ham is not salty, add salt to potatoes. Cut ham into 1 inch cubes. Prepare a cream sauce of fat, flour, milk and pepper, blending flour first with fat to prevent lumping. Cook sauce slowly with constant stirring until thick. Combine ham and potatoes, add cream sauce and finely chopped onion. Bake in baking pans at 350 degrees for 1 hour. Serves 50.

CHICKEN A LA KING (for 50 people)

2 cups butter
20 cups chicken stock or milk
10 cups milk
1¼ cups pimento
½ to ¾ cup butter (for frying)
1¼ cups chopped green pepper
3¾ cups flour
¼ cup chopped onion
19 cups cooked, cubed chicken
2-3 cans mushrooms
10 egg yolks

Method:

Heat chicken stock or milk with the onions. Melt butter, add flour and when mixed add hot stock. Stirring constantly, add scalded milk, green pepper, pimento and chicken. Fry mushrooms in butter and add well beaten egg yolks and salt. Serve in patty shells or over hot biscuits.

DESSERTS

Ice cream (using No. 20 scooper) 2½ gallons
Sponge cake—8 x 8 inch pan cuts 16 servings
Pie—One 8 or 9 inch pie plate will yield 6 servings
Whipping cream—1 quart whipped is sufficient for 25 toppings.

MISCELLANEOUS

Rolls—Allow 1½ per person
Butter—3 pounds
Sugar—Allow 2 lumps per person (there are approximately 120 lumps in a pound, therefore buy 2 pounds lump sugar)
Coffee—1 pound coffee plus 2½ gallons water makes 50 cups
Cream—All ¾ oz. per person—2½ quarts.

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MEAL FINALE

APPLE FOOL

1 pint apple pulp
Sugar to taste
¼ pint of stiffly whipped cream

Method:

Stew the apples with sugar to taste, when cold stir in whipped cream. Serve in a glass dish.

MRS. B. MAHOOD

ANGEL PIE

4 egg whites
¼ tsp. cream of tartar
¾ cup sugar

Method:

Beat whites until frothy, add cream of tartar and sugar gradually and beat until stiff. Spread in ungreased pie pan, cook 1 hour in slow oven 300 degrees.

FILLING:

4 egg yolks
2 tbsp. orange juice
1 tsp. orange peel
1 cup whipping cream
½ cup sugar
2 tbsp. lemon juice
1 tsp. lemon peel

Method:

Beat egg yolks, sugar, salt, peel, juice and put in double boiler. Stir until thick. Whip cream with 2 tablespoons icing sugar. On meringue put a layer of cream, then filling, then cream, and chill.

MRS. J. M. CAMPBELL

PINEAPPLE DESSERT

Mix 2½ cups graham cracker crumbs with ¼ lb. melted butter, pat into 8 x 8 pan and bake in 325 degree oven for 20 minutes. (Reserve ¼ cup crumbs for top.) Let cool.

1½ cups icing sugar
½ cup butter
2 eggs, not beaten

Cream these until fluffy and put on cooled layer.

1 20-oz. can crushed pineapple (well drained)
1 cup whipped cream

Blend and put this on top and sprinkle with crumbs that were reserved. Put in fridge over night.

MRS. R. F. LAMBERT

BAKED ORANGE PUDDING

1 orange (juice and rind)
1 tbsp. flour
2 cups hot water
1 tbsp. butter
1 cup white sugar

Mix flour and sugar. Add juice and rind of orange, then water, mixing slowly. Cook in saucepan until thickened, add butter. Pour into casserole. Drop the following batter in by spoonfuls:

½ cup white sugar
½ cup milk
1 tsp. baking powder
1 cup flour
½ tbsp. butter
¼ tsp. salt

Method:

Cream butter and sugar. Add milk. Sift in flour, salt and baking powder. Bake 35 to 45 minutes at 350 degrees F. Serves 4 to 6.

MRS. H. J. BARLOW

BUTTERSCOTCH APPLE PUDDING

¼ cup margarine
½ cup brown sugar
3 tbsp. flour
Dash salt
⅛ tsp. nutmeg
1½ cups water
2 cups chopped apples
1 tbsp. lemon juice

Method:

Melt butter in skillet. Stir in brown sugar, flour and salt. Add water and cook, stirring until thickened. Add apples, lemon juice and mix well. Remove from heat while preparing buterscotch dumplings.

DUMPLINGS:

1 cup flour
1½ tsp. baking powder
½ tsp. salt
½ tsp. cinnamon
½ cup brown sugar
1 egg, beaten
¼ cup milk
2 tbsp. melted shortening

Sift flour, baking powder, salt and cinnamon. Add brown sugar and mix well. Combine egg, milk and shortening. Add to flour mixture, stirring till smooth. Drop by spoonfuls on sauce. Return to heat, bring to boil. Cover, simmer gently 20 minutes. Serve warm with cream.

MRS. A. HAZEL

CHIFFON PUDDING

1. 1 pkg. lemon chiffon pie filling (use directions on package).
2. Add 1 cup creamed cottage cheese, stir well.
3. Add 1 cup fruit salad, fold in. Chill. Serve with whipped cream.

MRS. J. H. MITCHELL

CREAM JELLY

1 pkg. jelly (strawberry or raspberry)
1 cup whole or enriched milk
1 cup water

Method:

Dissolve jelly powder in cup of boiling water, add cold milk gradually and let set. This makes a very pretty and nourishing dessert when poured into individual jelly glasses.

MRS. M. C. FARHALL

CHOCOLATE BROWNIE PUDDING

1 cup flour
2 tsp. baking powder
½ tsp. salt
¾ cup sugar
2 tbsp. cocoa
½ cup milk
1 tbsp. vanilla
2 tbsp. melted shortening
½ cup chopped nuts

Method:

Sift dry ingredients. Put milk, vanilla and shortening together. Mix together well. Add nuts and pour into greased pan or pyrex dish 8 x 8.

Now mix:

¾ cup brown sugar
¼ cup cocoa

Sprinkle over batter and pour 1¾ cups hot water carefully over all. Bake at 350 degrees for 40 minutes. This makes a chocolate pudding with a rich chocolate sauce underneath. Serves 8 to 10 people.

MRS. W. G. BURCH

SAFEWAY

FINER FOODS AT THE
LOWEST PRICES!

✦ ✦

SAFEWAY MEAT
MAKES ANY MEAL

Congratulations to the Mothers' Association
First Edmonton Cub & Scout Group
on the 50th Anniversary

COCOANUT CRUNCH TORTE

1 cup graham cracker crumbs
½ cup shredded cocoanut
½ cup chopped walnuts
4 egg whites
1 cup sugar
1 tsp. vanilla
Dash salt

Method:

Combine cracker crumbs, cocoanut and nuts. Beat egg whites with salt and vanilla until foamy. Gradually add sugar and continue beating until egg whites form stiff peaks. Fold in crumb mixture. Spread in well greased 9 inch pie plate. Bake at 350 degrees for about 30 minutes. Cut in wedges as pie and serve with a scoop of ice cream or top with whipping cream. Serves 6 to 8. This is nice and light after a heavy meal, for dessert.

MRS. J. BIGGS

DANISH APPLE DESSERT

4 cups apples in quarters (frozen ones excellent)
1 tsp. vanilla
1 cup sugar
½ cup apricot nectar or orange juice

Method:

Cook apples in juice until nearly cooked and then add sugar—lastly vanilla and cool.

⅓ cup butter
2 cups finely crumbled vanilla wafers
¼ cup sugar
½ cup chopped toasted almonds

Mix all together. In dish put a layer of crumbs then apples until both are used up. Cover with whipped cream and sprinkle with grated semi-sweet chocolate.

MRS. A. WARWICK

DELICIOUS RHUBARB PUDDING

4 cups rhubarb cut in small pieces
¾ cup sugar
1 cup flour
1 cup brown sugar
6 tbsp. butter

Method:

Mix rhubarb and sugar in a greased baking dish. Mix flour and brown sugar—add melted butter, rub together till crumbly. Sprinkle over rhubarb and bake at 350 degrees for 45 minutes. Serve hot or cold.

MRS. A. HAZEL

ENGLISH TRIFLE

18 Savoy biscuits or stale cake
1 pkg. raspberry jelly
Tin of fruit (pears, peaches, etc.)
Cream

Method:

Place biscuits (or cake) in a glass dish. Strain the juice off the fruit, and put the fruit cut into small pieces over the biscuits. Melt the jelly in a pan with the juice and a little water (about a cup full), when cool pour over cake and fruit. Whip cream and cover the top of dish.

MRS. B. MAHOOD

FRUIT CRUMBLY CRUST

Cover bottom of pie dish with 2" layer of apple slices, or any other fruit. Cream ½ cup butter, 1 cup flour, ½ cup sugar (this should be mealy). Spread this over the fruit and bake until fruit is cooked in quick oven. Serve with sauce or cream.

MRS. R. F. LAMBERT

GOLDEN BREAD PUDDING

3 cups scalded milk
3 tbsp. melted butter
½ cup raisins or chopped dates
½ cup firmly packed brown sugar
1 tsp. vanilla
2 eggs well beaten
2 cups soft bread cubes
½ tsp. nutmeg
⅓ tsp. salt

Method:

Mix all together and pour into greased baking dish or individual custard cups. Dot with butter and lightly sprinkle with extra brown sugar and nutmeg. Bake in 350 degrees F. oven for 1 hour.

DR. H. J. BARLOW

LEMON BAVARIAN CREAM

Cooking apples
Whipping cream
1 pkg. lemon jelly

Method:

Stew about 2 pounds of apples until into pulp, while hot add lemon jelly and mix well until dissolved in the hot apple—leave until cold and set well. Serve in dishes topped with whipped cream.

MRS. B. MAHOOD

LEMON CAKE PIE

1 lemon rind and juice
1 cup sugar
2 eggs beaten separately
2 tbsp. melted butter
2 tbsp. flour

Method:

Cream above with egg yolks. Add 1 cup milk, whites of eggs folded in. Bake as a custard pie.

MRS. A. S. DOWNEY

LEMON MERINGUE PIE

1 cooked pie shell
2 tbsp. cornstarch
1¼ cups water
1 lemon, juice and rind (grated)
1 cup sugar
1 tbsp. butter
2 eggs, yolks and whites separated
Cherries and angelica to decorate

Method:

Mix the cornstarch to a cream with some of the water. Heat the rest of the water and when boiling, pour on to the cornstarch, stirring. Return the mixture to the saucepan, add the lemon juice and boil for 4 to 5 minutes, stirring constantly. Add half the sugar, the butter, grated lemon rind, cool slightly, and beat in the egg yolks one at a time. Pour filling into pie shell. Beat egg whites stiffly, add 2 tablespoons sugar then fold in remaining sugar. Pile meringue onto pie filling, bake in slow oven for 30 minutes. Decorate. Serve hot or cold.

MRS. G. ROUND

LEMON PUDDING

1 tbsp. butter
⅓ cup sugar
2 tbsp. flour
1 cup milk
2 tbsp. lemon juice
1 tbsp. grated lemon rind
2 eggs (separated)

Method:

Cream butter, sugar and flour, lemon juice and rind. Add beaten egg yolks and milk. Fold in stiffly beaten whites and pour into a buttered baking dish. Set in pan of hot water and cook slowly at 350 degrees for 40 to 45 minutes until set. Test with a silver knife as for custard. Serves 4 to 6.

MRS. W. KURANY

LEMON SPONGE PUDDING

Add the grated rind and juice of 1½ lemons to 3 egg yolks, beaten thick. Mix 2 tablespoons flour with one cup sugar. Stir into egg mixture smoothly. Add one cup milk gradually. Beat 3 egg whites until stiff but not dry. Fold into the pudding mixture. Pour into a shallow oven-proof dish. Set in pan of cold water. Bake 45 minutes in moderately slow oven, 325 degrees F.

MRS. T. W. TEAPE

PEAR BUTTERSCOTCH CRISP

4 canned pear halves (drained)
¼ cup brown sugar (firmly packed)
¼ cup flour
⅛ tsp. salt
⅛ tsp. cinnamon
1 tbsp. butter or margarine
1 tbsp. shortening

Method:

Heat oven to 425. Arrange pear halves cut side down in greased 6" pie plate. Mix next, flour ingredients, work in butter and shortening with a fork until mixture is crumbly. Sprinkle thickly over and around pears. Bake at 425 degrees 15 to 20 minutes. Serve warm with cream or chilled custard sauce. Makes 2 or 3 servings.

B. TRUDEL

PEAR ORANGE GINGER WHIP

1 can pears
1 tbsp. orange rind

Method:

Drain pears and put syrup in large pan with the orange rind. Put pear halves in bottom of pan—put on low heat and boil until syrup is halved and pears look clear.

Ginger Cream:

½ cup cream whipped, add 1 tablespoon sugar and slivered crystalized ginger to taste. Put pears in sherbet glasses—top with ginger cream and garnish with slivered almonds or cherries.

MRS. R. F. LAMBERT

PINEAPPLE DESSERT

1 pkg. lime Jello
½ cup heated juice of crushed pineapple
25 Graham Wafers crushed
3 tbsp. butter
2 tbsp. icing sugar
1 16-oz. tin Carnation milk
¼ cup granulated sugar
1 lemon
1 20-oz. tin crushed pineapple

Method:

Dissolve lime Jello in heated pineapple juice.

Mix butter and icing sugar. Add crushed Graham Wafers (keep out ¼ cup for top). Pat into pyrex pan 7 x 12. Bake 15 minutes at 350 degrees.

Beat **chilled** Carnation milk until thick like whipped cream. Add sugar and the juice and rind of the lemon. Add whipped Jello. Spread on graham crust.

Put 1 tin of drained crushed pineapple on top. Sprinkle ¼ cup Graham Wafers on top. Chill in refrigerator.

MRS. E. B. BOCOCK

PRUNE WHIP

Into top of double boiler, put—

4 egg whites beaten stiff
½ cup white sugar added a little at a time
1 small tin strained prunes (baby food)

Cover tightly and cook for 1 hour. Serve immediately with custard topping.

Custard Topping

1 cup milk
2 tbsp. sugar

Heat milk until bubbles appear around edge.

In small jar mix—

2 egg yolks
2 tsp. cornstarch
Vanilla
1 tbsp. milk

Then add yolk mixture gradually to warm milk, stirring constantly. Cook 1 minute.

MRS. O. M. STEELE,
Channel 3 TV

QUEEN OF PUDDINGS

4 oz. fine bread crumbs
1 pint milk
2 egg yolks
½ lemon, rind and juice
1 oz. sugar
1 oz. butter
2 tbsp. jam

Meringue:

2 egg whites
4 oz. fine sugar

Method:

Heat milk and butter in saucepan. Mix crumbs, lemon juice, 1 ounce sugar in bowl. Beat egg yolks, stir heated milk into them, then stir this mixture into dry ingredients and mix well. Pour all into greased pie plate and leave for 20 minutes. Then bake for 15 to 20 minutes until mixture is set in a moderate oven. Heat jam a little and pour over the set pudding. Whisk white of eggs to a stiff froth, fold in 4 ounces sugar and pile over the jam, return to oven until light brown. Serve hot or cold.

MRS. B. MAHOOD

RHUBARB AND BANANA PIE

1 lb. rhubarb
3 oz. sugar
½ lemon, grated rind only
4 bananas
1 egg white
2 oz. almonds
2 tbsp. berry sugar

Method:

Put prepared rhubarb into pie dish, sprinkle with sugar and lemon rind. Beat bananas to pulp with berry sugar. When soft add egg white. Beat till stiff and spread over rhubarb to form crust. Sprinkle top with blanched almonds and bake in moderate oven for ½ hour. Serve hot with cream or custard.

MRS. D. COLEMAN

RHUBARB CRISP

3 cups fresh rhubard, cut ¾" long
½ cup sugar

Mix together and spread in greased baking dish.

1 cup brown sugar
¾ cup flour
½ cup butter
½ tsp. salt

Blend these together and spread over rhubarb. Bake 40 minutes in a moderate oven. Serve hot or cold with cream. (Other fruits may be used instead of rhubarb.)

DR. H. J. BARLOW

RHUBARB CRISP PUDDING

4½ cups rhubarb
¾ cup sugar
¼ tsp. cinnamon
¼ tsp. ginger
2 tbsp. water
⅓ cup brown sugar
⅓ cup flour
¾ cup rolled oats

Method:

Cut rhubarb in ¼ in. pieces and place in greased baking dish about 1½ quart size. Sprinkle with white sugar, spices and water. Cream butter gradually, add brown sugar, blend in flour and rolled oats. Spread over rhubarb and bake in 375 degree oven for 35 to 40 minutes.

MRS. A. WOOLGAR

SOMERSET PUDDING

(This is made in Somerset, England, with cooking apples, but is equally good with cooked strained black currants, blueberries or raspberries. It is useful for making a little fruit go a long way.) Serves 3 to 4.

¾ lb. cooking apples
1¼ tsp. baking powder
¾ cup sugar
1 cup flour
4 oz. butter
2 eggs

If desired a drop of lemon juice with apple, or almond flavoring with pudding mixture may be added.

Method:

Peel and cut up apples and stew lightly with about 1½ ounces sugar. Strain off as much of the juice as possible. Cream the butter and sugar in a bowl until really smooth. Beat the eggs and add them to the butter and sugar. Sift the baking powder with the flour and add it gradually to the mixture. Grease a medium sized pyrex dish, also sprinkle with a little brown sugar on the bottom. Spread a layer of the mixture on the bottom, then sprinkle with sugar again, then spread the strained apple over this. Add the remainder of the sugar, then cover evenly with the rest of the pudding mixture. Bake at once in a fairly hot oven 350 to 375 degrees, on middle shelf. Pudding is cooked when risen and gently brown, after about 15 minutes or 20 if preferred a little dryer. Cream or ice cream can be served if desired.

MRS. A. R. MOLYNEUX

SPANISH CREAM

1½ cups coffee
½ cup milk
⅔ cup sugar
¼ tsp. salt
3 eggs
½ tsp. vanilla
1 tbsp. granulated gelatin or 1 pkg.

Method:

Mix coffee, milk, ½ the sugar, and gelatin, and heat in a double boiler. Mix sugar, salt, and egg yolks and add. Cook until it coats the spoon, stirring constantly. Add vanilla and egg whites beaten stiff. Refrigerate.

MRS. BRIAN HEENEY
Oxford, England

TREACLE SPONGE PUDDING

6 oz. flour
1 tsp. baking powder
4 oz. suet or lard
⅓ cup milk
1 lemon, grated rind only
1 egg
6 oz. golden syrup

Method:

Mix flour and suet (if lard used, rub in flour) and baking powder. Add lemon rind, beaten egg, milk and syrup. Put in greased basin and steam about 3 hours. Serve with golden syrup and custard.

MRS. D. COLEMAN

CUB AND SCOUT MOTHERS' ASSOCIATION
FIRST EDMONTON GROUP

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Thanks for the opportunity to be associated with you in the publication of your Cook Book. It is a fine endeavor in the interests of a fine group of young people.

Along with you, we salute the First Edmonton Cub and Scout Group on the occasion of its 50th Anniversary. Cubs and Scouts have been a force for good in every community in which they are organized and we wish them many more years of worthwhile activity.

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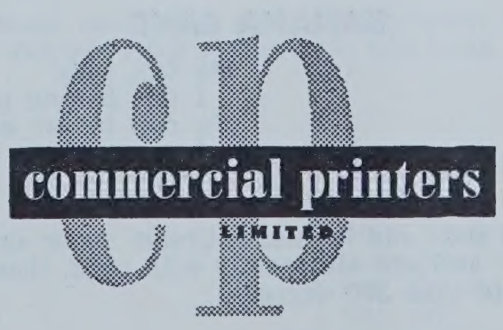

10056 - 109th Street Edmonton, Alberta

Phone GA 4-8295

BAKING FIESTA

ALMOND CAKE

½ lb. almonds (unbleached)
1 cup white sugar
5 eggs
Almond flavouring

Method:

Beat egg yolks and sugar well. Add almonds, whites of eggs beaten stiff, and flavoring. (If almonds won't go through mixer add a little almond flavoring extract.) Bake in a greased cake tin 1 hour or more at 300 degrees.

MRS. H. H. CLARK

AUNT JENNY'S CAKE

2 cups flour (cake)
1 tsp. salt
3 tsp. baking powder
1½ tsp. vanilla
1⅓ cups sugar
½ cup shortening
1 cup milk
2 eggs

Method:

Put flour, sugar, salt, shortening and baking powder in a large bowl, add milk, eggs and vanilla. Beat all together and then bake at 350 degrees for 55 minutes. (For orange cake, add juice of 1 orange, plus milk and put the grated rind in the icing).

MRS. R. F. LAMBERT

BANANA CAKE

1 cup sugar
1 egg (beaten)
1 tsp. soda
½ tsp. salt
½ cup milk
½ cup butter
3 mashed bananas
1 tsp. baking powder
1½ cups flour

Method:

Cream sugar and butter, add egg and mashed bananas. Sift dry ingredients together and add alternately with milk to first mixture. Bake in moderate oven 350 degrees approximately 40 minutes.

MRS. M. BERGER

BANANA CAKE

2 mashed bananas
1 cup sugar
1½ cups flour
2 eggs
1½ tsp. soda
1 tsp. baking powder
½ cup butter or shortening
1 cup milk

Method:

Mash bananas add soda and let stand. Cream sugar and butter, add eggs. Sift flour with baking powder and add alternately with milk, then add bananas. Bake 35 to 40 minutes in moderate oven 350 degrees.

MRS. RALPH JAMES

To wash a baby's knitted garments so they'll keep their size and shape, baste them, before washing, to a bath towel. Then wash the whole towel, sqeeeze out and hang on the line to dry.

BISHOP CAKE

1½ cups sifted all purpose flour
¼ tsp. salt
1 cup snipped pitted dates
3 eggs
1 cup sugar
2 tsp. baking powder
⅔ cup chocolate chips
1 cup halved candied cherries
1 tsp. orange or rose flower water
2 cups chopped walnuts

Method:

Sift together flour, baking powder, salt. Stir in chocolate chips, nuts and fruits. In a large bowl, beat the eggs and orange or rose flower water, with a hand beater. Add the sugar gradually, beating with a spoon. Fold the flour mixture into the egg mixture. Mix well. Pour into a well greased metal loaf pan 10 x 5 x 3"—the bottom lined with waxed paper. Bake in a 325 degree oven 1½ hours or until done. As you take out of oven, top with the following glaze:

1 cup icing sugar
1 tbsp. lemon juice
2 tbsp. water

Decorate to taste. Cool in the pan on wire rack. Wrap in waxed paper then in aluminum foil—it will keep several weeks in a cool place.

MRS. R. F. LAMBERT

BOILED RAISIN CAKE

1 cup raisins
1¼ cups cold water
2 oz. cut peel

Boil together for 20 minutes over low flame; strain, and let both liquid and raisins cool.

1½ cups flour
¾ cup white sugar
1 tsp. baking powder
½ tsp. nutmeg
¾ cup cooled raisin water
¼ cup butter
1 egg
½ tsp. soda
⅛ tsp. salt

Method:

Sift flour and dry ingredients together and add: ½ the flour, ½ the water and ½ the raisins. Stir, then add the remainder of the flour, etc. Bake in square cake pan for approximately 45 minutes at 325 degrees F.

Caramel Icing

½ cup brown sugar
2 tbsp. milk
¼ cup butter
Icing sugar

Method:

Combine brown sugar and butter and boil 2 minutes over low heat; add milk and bring to boil. Then remove from stove; cool; add icing sugar to thicken enough to spread on cake.

MRS. E. V. BUTLER

BUTTERLESS EGGLESS CAKE

1 cup brown sugar
½ cup shortening
2 cups flour
2 tsp. cinnamon
½ tsp. nutmeg
1 tsp. baking soda
1 cup white sugar
2 cups seedless raisins
1 cup walnuts (chopped)
¼ tsp. cloves
1 tsp. salt
1¼ tsp. baking powder

Method:

Combine brown sugar, shortening, raisins, spice and water. Boil together 3 minutes and cool. Combine flour, soda and baking powder, add to other mixture with walnuts. Mix well. Bake in greased loaf tin in moderate oven 375 degrees about 1 hour. This cake keeps well.

MRS. L. FREELAND

CHERRY CAKE

1 cup butter
2 cups sugar
3 eggs (beaten)
3 cups bread flour
1 tsp. salt
1 tsp. baking powder
¾ cup warm milk
1 tsp. vanilla
1 tsp. lemon flavouring
2 cups cut maraschino cherries

Method:

Cream butter and sugar well. Add lemon flavouring and beaten eggs. Sift flour, salt and baking powder. Add alternately with warm milk, to first mixture. Add vanilla and then the cherries well floured. Put in large loaf pan and cover with tin foil. Bake 2 hours and 20 minutes at 325 degrees.

MRS. C. McKERCHER

CHERRY COCOANUT CAKE

2 layer sponge cake
1 10-ounce can pitted red cherries
¼ tsp. salt
¼ tsp. cream of tartar
4 tbsp. icing sugar
⅓ cup shredded coconut
¼ tsp. almond extract
2 egg whites
1 tbsp. cornstarch
2 tbsp. sugar

Method:

Cut out centre of one layer cake, leaving ring 1¾ inches wide. Place ring on top of other cake. Drain cherries and measure syrup. Add water to make one cup juice. Combine salt, cornstarch, and sugar in saucepan. Gradually add juice, cook until thick. Remove and cool. Add cherries and extract. Turn into centre of cake. Beat egg whites and cream of tartar until stiff; gradually beat in icing sugar. Spread on cake, leaving filling uncovered. Sprinkle with coconut. Brown in hot oven.

MRS. T. W. TEAPE

CHOCOLATE CAKE

Cream ½ cup butter, add 1 cup sour cream and continue beating, add 1 cup brown sugar and 1 tsp. vanilla. Sift together 2¼ cups velvet cake flour (sifted before measuring), 1½ tsp. soda, 1 tsp. salt, ¾ cup white sugar. Add to first mixture and beat until smooth—then add 2 eggs and beat again. Add 2 squares melted chocolate and lastly ½ cup boiling water. Cook at 350 degrees for about ¾ hour or until done.

MRS. A. A. WARWICK

CHOCOLATE POTATO CAKE

½ cup butter
2 eggs
½ cup nuts
½ cup hot riced potatoes
½ tsp. cinnamon
½ cup grated chocolate or cocoa
1 cup sugar
½ cup milk
1 cup flour
2 tsp. baking powder
½ tsp. cloves

Method:

Cream butter, add sugar then well beaten egg. Mix and add milk and potatoes. Beat thoroughly and add flour sifted with spices, baking powder, cocoa and nuts. Bake in moderate oven 55 minutes.

MRS. E. COUSINS

Meringue will always stand up high and perfect if a generous pinch of baking soda is added to beaten whites.

DATE CAKE

½ cup shortening
2 eggs
½ tsp. salt
¼ tsp. mace
2 tsp. baking powder
¾ cup milk
½ cup walnuts, chopped
¾ cup sugar
1½ cups flour
1 tsp. cinnamon
¼ tsp. cloves
⅓ cup molasses
1 cup dates, chopped

Method:

Combine sugar and shortening, add eggs, sift all dry ingredients and add alternately with milk and molasses that have been combined, add dates and walnuts. Bake about 30 minutes at 375 degrees.

MRS. J. MALLANDAINE

DARK FRUIT CAKE (XMAS)

1 lb. butter
1 lb. sugar
8 eggs
2 lbs. raisins
2 lbs. currants
1 lb. mixed peel (chopped)
½ lb. almonds
1½ lbs dates
½ lb. glazed cherries (red and green)
¾ tsp. cinnamon
¾ tsp. cloves
¾ tsp. nutmeg
3 cups flour
½ tsp. soda
½ lemon juice and rind
½ cup grape or pineapple juice

Method:

Prepare fruit washing raisins and currants, dry thoroughly, cut cherries in half, blanch almonds and split in half. Mix fruit, nuts and peel with part of the flour so that each piece is separate and coated with flour. Cream butter, add sugar gradually, beating after each addition. Beat eggs well, add to butter mixture. Sift remaining flour with spices and soda into butter mixture, add alternately with fruit juice. Stir in fruit and mix until all ingredients are thoroughly blended. Pour into prepared cake pans, which have been lined with 3 thicknesses of newspaper with a top layer of greased waxed paper. Bake slowly at 250 degrees for about 3 hours or until cake is firm and no longer sizzles when pressed lightly with the finger. Cool on rack until thoroughly cooled, wrap in foil and store in a cake tin. Makes 3 cakes 8 x 8 x 3½" or 4 loaf cakes, or 1 large, 1 medium and 1 small tin.

MRS. L. FREELAND

DEVIL'S FOOD CAKE

2 cups cake flour
1 tsp. salt
1¾ cups granulated sugar
¾ cup soft shortening
1½ tsp. vanilla
1¼ tsp. soda
½ tsp. baking powder
¾ cup cocoa
1 cup milk
¼ cup milk
3 eggs

Method:

Sift together into large mixing bowl flour, baking powder, soda, salt, sugar and cocoa, add shortening, 1 cup milk and vanilla. Beat at stir mix speed for 2 minutes and add ¼ cup milk and eggs, beat 2 minutes longer on Stir-Mix speed. Pour into two 9" greased layer cake pans. Bake at 350 degrees 35 minutes or until done. Cool 10 minutes, remove from pan—cool and frost with boiled frosting and cover with cocoanut.

MRS. L. KETTLE

ENGLISH SULTANA CAKE

¾ cup butter or margarine
2 eggs
Rind of ½ lemon
1 tsp. baking powder
¾ cup sugar
2 cups flour
1 cup milk (scant)
1 cup sultanas

Method:

Cream butter and sugar, add grated lemon rind, then eggs, flour sifted with baking powder alternately with milk, and fruit. Bake 1 hour and 35 minutes at 275 degrees.

MRS. D. COLEMAN

ENGLISH SWISS CAKE

1 cup flour
1 egg
2 tsp. baking powder
⅛ tsp. salt
¾ cup sugar
2 oz. butter (melted)
½ cup milk

Method:

Combine flour, sugar, salt and baking powder. Add melted butter, egg and milk to soft consistency. Grease and flour round tin and bake at 375 degrees for about 40 minutes. When cool, cut through centre and spread with raspberry jam and sprinkle top with icing sugar.

MRS. R. F. LAMBERT

FROSTED SPICE CAKE

Frosting and cake are baked together.

¾ cup shortening
2 egg yolks
2⅔ cups flour
1 tsp. cloves
¼ tsp. salt
2 cups brown sugar
1¼ cups sour milk
1 tsp. cinnamon
1 tsp. baking powder
1 tsp. soda

Method:

Cream shortening thoroughly until light and fluffy, add vanilla, add sugar gradually, beating well after each addition, add egg yolks one at a time, and beat until mixture is smooth and fluffy. Sift flour, spices, baking powder, salt and soda, add sifted dry ingredients alternately with sour milk, beginning and ending with flour. Spread batter in a greased 15 x 10" pan and cover with frosting.

Frosting

2 egg whites
1 cup brown sugar
⅓ cup chopped nuts

Method:

Beat egg whites until stiff, beat in sugar gradually. Spread mixture on to the batter, sprinkle with nuts. Bake about 45 minutes at 350 degrees.

MRS. L. FREELAND

Wire a tea strainer to the end of the drain hose on your washing machine to keep lint from clogging the drain. Strainer is easily removed for cleaning.

GINGERBREAD

1 cup sugar
2 eggs
1 cup molasses
2 tsp. soda
¼ tsp. cloves
½ cup butter
½ tsp. cinnamon
2 tsp. ginger
2½ cups flour (sifted)
1 cup hot water

Method:

Cream butter and sugar, add beaten eggs, molasses, water, then dry ingredients which have been sifted together. Mix thoroughly and bake in moderate oven 350 degrees F. about 45 minutes.

MRS. D. CALLEGARI

JELLY ROLL

¾ cup cake flour, sifted
¼ tsp. salt
¾ cup sugar
1 cup tart red jelly, or suitable jam
¾ tsp. baking powder
4 eggs (at room temperature)
1 tsp. vanilla

Method:

Sift flour once and measure, combine baking powder, eggs and salt in bowl. Beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light colored. Fold in flour and vanilla. Turn into 15 x 10" pan which has been lined with paper and greased. Bake in hot oven 400 degrees 13 minutes. Turn out on cloth that has been sprinkled with icing sugar. Remove paper and quickly cut off any crisp edges. Roll cake, rolling cloth up in cake and let cool for 10 minutes, unroll, spread with jelly or jam and roll again. Wrap in cloth and cool on rack.

MRS. NAOMI FOSTER

JELLY ROLL

3 eggs separated
3 tbsp. water
1 tsp. lemon or vanilla
1 cup sugar
1 cup sifted flour
½ tsp. salt

Method:

Beat egg yolks, till lemon colored, add sugar and beat well, add water and flavoring, add sifted dry ingredients—spread in Jelly Roll pan, bake at 350 degrees for 25 minutes, turn out on damp cloth, immediately spread with jam and roll with the cloth—leave the roll in cloth until it is cold—dust with icing sugar.

MRS. B. PECK

MADEIRA CAKE

1 lb. white sugar
¼ lb. butter
1 cup milk
½ lb. flour
1 tbsp. baking powder
2 eggs

Method:

Beat eggs, butter and sugar, stir in flour, milk and baking powder. Bake in well greased tin in moderate oven 350 degrees about 1½ hours.

MRS. A. MORRIS

To glaze the top of rolls, cookies or pies brush the top before baking with 1 egg white slightly beaten with 1 tablespoon milk.

OLD FASHIONED POUND CAKE

1 cup butter
1 tsp. vanilla
2 cups flour
5 eggs
⅔ cup sugar
1 tsp. lemon juice and grated rind of ½ lemon
¼ tsp. salt
1 tsp. baking powder

Method:

Cream butter, add sugar gradually, creaming until as light and fluffy as whipped cream. This must be carefully and patiently done, because there lies the foundation of your cake. If not perfectly creamed, the cake will be heavy and coarse, instead of light, velvety and moist. Add the eggs, one at a time, beating hard after each addition, being sure not to add another egg until the batter is smooth and fluffy each time. Sift the flour before measuring, then sift again with the baking powder and salt. Add in about four portions, folding and beating. Do not stir and do not overbeat, simply stop when batter is smooth, and has taken up all the moisture. Add flavorings. Turn into oiled loaf pan or spring mold tube pan, bake at 350 degrees for 50 minutes. Turn out on wire rack to cool. Keeps very well.

MRS. L. FREELAND

LEMON CURD
(In England called Lemon Cheese)

2 eggs
2 lemons
1 cup sugar
Butter or margarine

Method:

Beat up two eggs in the top of double boiler along with sugar, grated rind and juice of lemons and a good sized piece of butter or margarine and cook over hot water until it thickens. This curd will keep in a closed jar in the refrigerator for several weeks and can be used several times. Nice filling for tarts or between layers of plain sponge cake. Be sure to grate the rind of lemons before you squeeze the juice out.

MRS. R. P. LEFROY

POPPYSEED CAKE

¾ cup poppy seeds
1¼ cups sugar
2 cups flour
4 egg whites
¾ cup milk
¾ cup butter
2 tsp. baking powder
1 tsp. vanilla

Method:

Soak poppy seed in milk overnight. Cream butter, sugar, add flour, and baking powder, then poppy seeds and milk. Fold in stiffly beaten egg whites and vanilla. Bake 50 minutes in 350 degrees F. oven.

Icing. Combine 1½ cups of icing sugar, 2 tbsp. cocoa, ⅛ cup butter, 1 tsp. vanilla and 3 tsp. coffee.

MRS. JOHN VERCHOMIN

When custard pie shrinks away from the crust it has been in too hot an oven.

A few whole cloves in the kettle of frying fat will give the doughnuts a better flavor.

POUND CAKE

1 cup butter
1⅔ cups sugar
5 eggs
2 cups flour
1 tsp. baking powder
¼ tsp. salt
1 tsp. vanilla
1 tsp. lemon juice
Rind of ½ lemon

Method:

1. Cream butter until light and fluffy.
2. Add sugar gradually.
3. Add eggs one at a time.
4. Sift flour, sift dry ingredients.
5. Add dry ingredients in 4 parts.
6. Add vanilla and lemon juice and rind.
7. Bake in loaf tins at 350 degrees for 50 minutes.

MISS NANCY MOLEN

RAISIN CUP CAKES

1½ cups Raisins, cover with water and cook slowly for 25 minutes
¼ cup butter or half butter and vegetable shortening
¾ cup white sugar
1 egg—well beaten
1½ cups flour
1 level tsp. baking soda
¼ level tsp. salt
1 level tsp. cinnamon
¼ level tsp. cloves

Method:

Cream shortening with sugar and beaten egg. Sift flour, soda, salt and spices, and add alternately with Raisin water. Add drained Raisins. Bake in metal muffin tins 25 to 30 minutes at 375 degrees. Will keep moist for a week. Leave in muffin tins if possible and store in bread box.

If icing is necessary—mix ¼ cup of orange juice with 1 level tablespoon of soft butter and enough icing sugar to spread.

MRS. W. F. GRIFFITH

SOUR CREAM CAKE

2 eggs
⅛ tsp. salt
1 cup flour
1 tsp. baking powder
1 cup sugar
1 cup sour cream
¼ tsp. soda
1 tsp. vanilla

Method:

Beat eggs well, add salt and sugar. Dissolve soda in sour cream and add alternately with sifted flour and baking powder. Add vanilla. Bake about 30 minutes in 350 degree oven.

Sour Cream Icing

Boil together:
1 cup sour cream
1 tbsp. cocoa
1 cup white sugar
1 tsp. vanilla
1 tsp. butter

Method:

When it boils add a pinch of soda then boil to soft ball stage. Add 1 teaspoon butter and 1 teaspoon vanilla. Cool until almost cold then beat stiff and spread on cake.

MRS. J. A. PRICE

TOASTED COCOANUT CAKE

½ cup sugar
1 egg
1 cup flour
½ tsp. vanilla **or** almond flavouring
¼ cup butter
⅓ cup water
1 tsp. baking powder

Method:

Sift flour, baking powder, and salt; cream butter, add sugar and beat until creamy. Add unbeaten egg and beat well with flavouring. Add water (room temp.) alternately with the dry ingredients, beat well after each addition. Bake in layer cake tins for 30 minutes at 350 degrees.

Icing—3 tbsp. butter, 3 tbsp. cream milk and enough icing sugar to stiffen. Toast enough cocoanut to sprinkle over.

ALMOND COOKIES

¾ cup butter
1 egg unbeaten
¼ tsp. salt
½ cup blanched almonds (ground fine)
¾ cup sugar
½ tsp. vanilla
1½ cups sifted flour

Method:

Cream butter with sugar until fluffy, add eggs, vanilla, salt and almonds. Add flour, small amount at a time and blend well. Drop by teaspoonfuls onto greased baking sheet and bake in moderate oven 375 degrees 15 minutes. Makes 45 cookies.

MRS. M. TEMPLEMAN

APRICOT COOKIES

1 cup dried apricots
1 cup shortening
½ cup brown sugar
½ cup white sugar
1 egg
¼ tsp. almond flavouring
1 tsp. vanilla
½ tsp. salt
1¾ cup all purpose flour
2 tsp. baking powder

Method:

Boil apricots in ½ cup water for 10 minutes or until soft. Cream shortening and sugars. Beat egg and add to cream mixture—add flavourings, sift flour and baking powder. Add apricots to cream mixture. (Cut apricots into small pieces.) Add flour mixture and mix well. Drop small teaspoons of dough into shredded cocoanut and form into balls (quite small, as they are inclined to spread). Put them on a cookie sheet and press down slightly with a fork. Bake in a 375 degree oven for 12 to 15 minutes or until cocoanut is lightly browned.

BRANDY SNAPS

5 level tbsp. flour
2 level tbsp. sugar
1 tsp. ginger
2 level tbsp. syrup
2 level tbsp. margarine
6 drops vinegar

Method:

Place all to warm, except flour and ginger, add these slowly, the mixture should not be too stiff, then drop off a teaspoon on well greased and floured baking tin. Bake in 350 degree oven 10 to 15 minutes. Roll on greased handle of wooden spoon while warm, until shaped like hollow log. Brandy snaps are excellent filled with sweetened whipped cream flavoured with vanilla.

MRS. HYAM, Hull, England

CARROT COOKIES

½ cup shortening
1 cup honey or sugar
2 eggs
¼ tsp. ginger
¼ tsp. cloves
1 cup nuts, chopped
2 cups flour, sifted
1 tsp. salt
1 cup raw grated carrots
¼ tsp. soda (used with honey only)
1 cup raisins, chopped
¼ tsp. nutmeg
¼ tsp. allspice
2 cups rolled oats
2 tsp. baking powder
1 tsp. cinnamon

Method:

Cream shortening and carrots, add honey mixed with soda (use sugar alone). Add beaten eggs, raisins, nuts, etc. Combine and drop by spoonfuls onto greased cookie sheet. Cook 15 minutes in 350 degree oven.

MRS. F. KIMMERLY

CARAMEL COOKIES

1 cup shortening
1 egg
3½ cups sifted all purpose self raising flour
1½ cups brown sugar
¼ cup evaporated or top milk
1 tsp. vanilla

Method:

Cream shortening, add sugar gradually, creaming well, add egg, mik and vanilla and beat well. Blend in flour and mix thoroughly. Roll out very thin on floured board; cut with 2½" cookie cutter. Place on ungreased baking sheet and sprinkle with sugar. Bake at 400 degrees 8 to 10 minutes.

MRS. T. DUNCAN

COFFEE DROPS

3 tbsp. shortening
1 egg
1 tsp. soda
½ tsp. cinnamon
2½ cups flour
½ cup walnuts
1 cup sugar
½ cup molasses
½ cup hot coffee
½ tsp. allspice
½ cup raisins

Method:

Cream shortening and sugar, add egg and molasses. Dissolve soda in hot coffee and add, then add sifted dry ingredients, raisins and walnuts. Drop by teaspoon on buttered cookie sheet and bake at 375 degrees about 8 minutes.

CREAM PUFFS OR ECLAIRS

½ cup butter
1 cup sifted flour
4 eggs
1 cup water
⅛ tsp. salt
½ tsp. vanilla

Method:

Place boiling water, butter and salt in a heavy saucepan, stir over heat. When mixture boils vigorously add sifted flour all at once, stirring briskly. Stir constantly until dough forms a soft ball and leaves sides of pan. Remove from fire, turn into mixing bowl—cool 2 minutes. Beat in eggs, one at a time. Beat briskly until mixture thickens and becomes stiff. With two spoons shape on ungreased baking pan—leave 2 inches apart to spread. Bake in hot oven 450 degrees for 15 minutes, then reduce heat to 350 degrees and bake for 20 minutes. When cold cut side of shell, fill centre with sweetened whipped cream.

MRS. D. CALLEGARI

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DATE SNACKS

2 eggs, well beaten
1½ cups dates, chopped
¾ cup sugar
2 cups Rice Krispies
1 tsp. vanilla
1 cup cocoanut

Method:

Cook over low heat 10 minutes, stirring constantly. Remove from heat and add 2 cups rice krispies and 1 teaspoon vanilla. Drop in cocoanut and roll in small balls.

MRS. J. A. PRICE

EASY MADE MACAROONS

8 oz. fine cocoanut
1 egg
1 cup icing sugar

Method:

Mix sugar and cocoanut, put in the egg and mix to stiff consistency (if too moist will fall) add more cocoanut if necessary. Shape in wet egg cup. Bake in fairly hot oven 15 to 20 minutes.

MRS. R. F. LAMBERT

GINGER COOKIES

1 cup brown sugar
1 egg
1 tsp. vanilla
1 tsp. soda (scant) dissolved in 3 tbsp. hot water
3 cups flour
¾ cup shortening
1 tsp. ginger
1 tsp. cream of tartar (scant)

Method:

Combine all ingredients into a soft dough, roll in little balls, press with a fork. These are very nice if spices are varied.

MRS. F. KIMMERLY

GINGER COOKIES

1½ cups butter or shortening
2 eggs (beaten)
4½ cups sifted flour
4 tsp. baking soda
2 tsp. ginger
2 cups white sugar
1 cup molasses
1 tsp. salt
1 tsp. cloves
2 tsp. cinnamon

Method:

Cream butter and sugar—add eggs and molasses. Sift flour and other dry ingredients. Batter should be fairly stiff. Make into balls and press down with fork. Cook in 350 degree oven. Makes 10 dozen cookies.

MRS. R. JAMES

ICEBOX COOKIES

½ cup shortening
½ cup brown sugar
½ tsp. lemon flavouring
2 eggs (well beaten)
1 pkg. fruit mix
2½ cups flour
½ cup butter
½ cup white sugar
½ tsp. vanilla
⅛ tsp. salt
½ tsp. soda

Method:

Cream shortening, butter, white and brown sugar. Sift flour with baking powder and soda. Add well beaten eggs to creamed mixture, then flour and fruit mix, then flavouring. Chill an hour and drop on cookie sheet. Bake at 350 degrees 5 to 10 minutes.

MRS. M. BERGER

CHERRY SMACK BARS

½ cup shortening (butter or margarine)
2 eggs (separated)
1½ cups sifted pastry flour
1 tsp. baking powder
½ cup pecans or walnuts, chopped
1 cup sugar
1 tsp. almond flavoring
½ cup maraschino cherries (sliced and well drained)
1 cup brown sugar, well packed

Method:

Cream together shortening and sugar, beat in egg yolks and flavoring, add flour and baking powder, sifted together, mix well. Spread over bottom of greased 8" square pan, bake in moderate oven 350 degrees for 15 minutes. Spread cherries and nuts evenly over baked layer. Then beat egg whites until stiff and add brown sugar and spread on top of cherries and nuts. Bake in slow oven, 300 degrees for 50 to 60 minutes. When cool cut in bars. Makes 2 dozen.

MRS. W. RITSON-BENNETT

CHOCOLATE SLICES

½ cup butter or margarine
1 cup icing sugar
1½ squares chocolate (unsweetened)
2 egg yolks
½ cup walnuts
1 tsp. vanilla
Beat egg whites and add last

Method:

Mix ingredients in order, and place on a pan lined with graham wafers. Sprinkle graham wafer crumbs on top, and refrigerate until ready to serve.

MRS. L. DOWNEY

CHOCOLATE SQUARES

3 tbsp. sugar
¼ cup cocoa
½ tsp. salt
¾ cup flour
½ cup butter (scant)

Mix and press into pan. Bake at 325 degrees for 15 minutes.

1½ cups brown sugar
½ cup walnuts
1 tsp. baking powder
1 tsp. vanilla
½ cup cocoanut
3 tbsp. flour
2 eggs well beaten

Method:

Combine above and put on cooked chocolate mixture and bake for 20 minutes. When cold ice with chocolate butter icing.

MRS. A. WARWICK

ICE BOX SLICE

2½ cups graham wafer crumbs
7 tbsp. butter

Mix together and put on bottom of pan.

Cream together—

½ cup butter
1½ cups icing sugar
Beat in 2 eggs

Place on top of graham crust.

Add 1 large can of crushed pineapple (which has been drained of juice)

Top with whipped cream and chill for several hours.

MRS. D. CALLEGARI

LEMON SLICE

Bottom layer
1 cup flour
¼ tsp. salt
1 egg
1 tsp. baking powder
½ cup margarine

Mix flour, salt, baking powder and margarine, add egg. Spread in pan. Cook in double boiler until thick and cool:

Top

then spread on bottom layer
1 cup white sugar
Butter size of an egg
2 eggs, well beaten
2 lemons, juice and rind

Beat 1 egg, add 1 cup sugar, 1 teaspoon vanilla, 1 cup cocoanut (not fine) and melted butter size of an egg. Bake all 20 minutes at 350 degrees.

MRS. J. PRICE

LEMON SQUARES

1½ cups graham wafer crumbs
½ cup butter
¾ cup icing sugar

Rub together and press into 8 x 8" pan.

Soak 1 tbsp. gelatine in ¼ cup water.

Boil the following for 1 minute:

4 egg yolks
2 lemons (juice)
¼ tsp. salt
½ cup sugar
1 tbsp. lemon rind

Method:

Add gelatine, beat 4 egg whites stiff, add ½ cup sugar and beat again. Add to cooked mixture—then fold together. Pour onto crumb mixture and set in fridge for 2 to 3 hours.

MRS. H. PAWSEY

NEOPOLITAN SLICE

20 single graham wafers
½ cup brown sugar
1 can sweetened condensed milk
1 tsp. vanilla
½ cup margarine
1 tbsp. flour
2 cups sweetened cocoanut

Method:

Roll wafers fine and mix with margarine, sugar and flour and put into pan and bake 15 minutes at 325 degrees. Mix condensed milk, cocoanut and vanilla and pour on bottom layer. Cook 15 minutes at 350 degrees. Make butter icing, add pink coloring and ice.

MRS. J. A. PRICE

OATMEAL DREAM CAKE

¾ cup flour
1 cup rolled oats
½ cup margarine
2 tbsp. white sugar
½ tsp. baking soda
½ tsp. baking powder
½ tsp. salt

Mix and press into 8 x 8 pan.

1 egg (beaten)
1 cup brown sugar
½ cup cocoanut
½ cup walnuts
¼ cup cherries
1 tsp. vanilla

Method:

Pour over mixture in pan and bake at 350 degrees for 20 to 25 minutes or until golden brown.

MRS. D. N. WADE

RASPBERRY BARS

1 cup flour
1 tsp. baking powder
½ cup butter
1 egg

Sift flour, measure and sift with baking powder. Cut in butter until a very fine consistency. Add well beaten egg and combine thoroughly. Spread in oiled pan 8 x 8 and spread with ½ cup raspberry jam. Cover with following mixture:

¼ cup butter
1 cup sugar
1 egg
2 cups shredded cocoanut

Method:

Cream butter and sugar thoroughly. Add well beaten egg and shredded cocoanut and mix well. Spread raspberry jam. Bake at 375 degrees F. for 30 to 35 minutes.

MRS. J. U. PRIMEAU

WALNUT SLICE

1 cup flour
¼ cup brown sugar
½ cup butter

Mix like shortbread and pat down into tin. Bake in a hot oven until golden brown.

For Top

1 cup brown sugar
1½ cups crushed walnuts
1 tsp. vanilla
2 eggs
½ cup shredded cocoanut
⅛ tsp. salt

Mix well, spread over top and bake in a slow oven until done.

MRS. T. H. MACKIE

SWEDISH LOGS

½ cup butter
¼ cup brown sugar
1 cup flour
1 egg yolk
3 squares semi-sweet chocolate
½ tsp. vanilla
¼ tsp. salt

Method:

Cream sugar and butter. Add egg yolk, slightly beaten, and flour. Roll in logs about thickness of small finger and about 2½ or 3 inches long. Cook in moderate oven 350 degrees for 15 minutes. Cool. Melt chocolate and dip both ends of logs in chocolate. Cool.

MRS. E. COUSINS

WELSH CHEESE CAKES

4 cups sifted flour
¾ lb. shortening

Mix flour and shortening add sufficient ice water and mix dough. Roll out and make small pastry shells. Into each shell put ½ teaspoon jam and top with 1 tablespoon of the following—

2 oz. butter
1 egg
2 oz. flour
2 oz. sugar
1 tsp. vanilla

Method:

Cream butter and sugar, add beaten egg and vanilla, then flour. Bake in a hot oven and when cool decorate the tops.

MRS. D. CALLEGARI

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CANADIAN HUNTERS CHOICE

WILD DUCK (Roast)

Many would cook wild duck oftener but they think it takes too much time and trouble. I expedite matters by keeping strong sharp scissors with which I cut the duck up the back far enough to easily remove the insides, keeping the breast intact. I also use a small blow pump to burn off the down and pin feathers. (Incidentally I prepare all fowl in the same manner.)

After washing and wiping the duck I stuff it with the following dressing:

2 cups cracker crumbs
1 cup English walnut meats
1 cup thick cream
½ cup butter
1 cup chopped apple or celery (optional)
1 onion, finely chopped
1 tsp. finely chopped parsley
½ tsp. celery salt
¼ tsp. salt
⅛ tsp. black pepper

Method:

Crush crackers with the hands, not too fine. Add nut meats broken in pieces, butter melted, cream, onion and parsley. Mix well with a fork. Add seasoning. If stuffing appears too dry add more cream. (A cup of chopped apple or celery may be added.) This is sufficient stuffing for one duck.

Lay the ducks in roaster. Put strips of bacon or butter over the ducks with a little water in bottom of roaster. Put in potatoes and onions. When they are done the duck is done. About 10 to 15 minutes before serving, put in apples cut in halves.

If I wish to cook more ducks than my roaster will hold I use a large dripping pan. A little more care will have to be taken than when cooked in roaster so as not to brown too much. Cold roast duck is delicious.

If you are too busy to stuff the birds, put an onion or an orange inside of each one instead.

MRS. F. A. HICKS

WILD RICE

1 cup rice serves 4 to 6 persons.

Pick over and wash well.

Place in large saucepan or bowl and cover with 4 cups boiling water. Let stand over night. Drain off any water in morning. Place in double boiler and cook in small amount of water until tender and fluffy. Season with salt and pepper and butter if desired.

Variation:

After it is cooked, add 1 tin of mushroom soup undiluted. Heat for ½ hour.

MRS. C. McELHERAN.

SMOTHERED VENISON

Sear a 3 lb. pot roast on all sides in melted fat. Add 1 teaspoon celery seed, 2 tablespoons prepared mustard or horseradish, add 1 cup strained tomatoes. Simmer for 3 hours.

MRS. R. COUSINS

MOOSE OR CARIBOU SWISS ROAST

Brown a thick steak of moose or caribou which has been pounded well and dredged with flour. Place meat in roaster, cover with ½ can of tomatoes, 1 large onion and 1 sweet pepper. Cover tightly and cook in slow oven for 2 to 3 hours. Salt and pepper to taste. A clove of garlic may be added if desired.

MRS. R. COUSINS

ROAST MOUNTAIN GOAT

5 to 6 lb. roast
Salt and pepper
1 or 2 cloves garlic

Thoroughly clean meat, then make small openings with the point of a sharp knife, and insert small pieces of garlic. Dust meat with salt and pepper. Put in roaster with small amount of water, then roast in a slow oven until tender, brown quickly in a hot oven. Serve with cranberry catsup made from high bush cranberries.

MRS. R. COUSINS

BREAST OF PTARMIGAN

Take only breast of ptarmigan, salt and pepper, dip in beaten eggs and bread crumbs. Then sauté in butter or other shortening. Place in roaster or Dutch oven. Over this pour 1 cup sour cream and 2 tbsp. wine. Dust generously with paprika. If desired add minced garlic clove. Cook in oven at 350 degrees until birds feel tender when pierced with a fork. The whole bird may be cooked but the breast is a greater delicacy.

MRS. R. COUSINS

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CANAPES

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Top delectable Bacon Dippers with cheese rounds and pineapple tidbits.
Onion soup and sour cream make a divine dip to serve with chippers.
Double cheese delight: grill cheese on crisp, crunchy Cheese Ritz.

MRS. J. FISHER

FRIED CHEESE BALLS

2 egg whites
¼ cup bread crumbs
1 cup cheese, grated
Salt and pepper

Method:

Beat egg whites until stiff, add cheese, salt and pepper to taste, then bread crumbs. Roll into little balls and fry. Serve with salad or as appetizers.

MRS. R. COUSINS

BREADS AND MUFFINS

BANANA BREAD

½ cup shortening
½ tsp. salt
1 cup sugar
2 eggs
2 cups sifted flour
1 tsp. soda
3 bananas crushed
⅓ cup walnuts

Method:

Blend shortening, salt and sugar, add eggs, sifted flour, soda, pulp of the bananas and nuts. Bake in well greased loaf pan at 350 degrees F.

MISS M. ROWSWELL

NUT BREAD

2 cups flour
1 cup sugar
4 tsp. baking powder
1 tsp. salt
2 eggs
1 cup milk
2 tbsp. butter
1 cup walnuts

Method:

Beat eggs and sugar, mix milk alternately with flour, salt, baking powder add melted butter, then chopped nuts with flour. Put in greased pan. Bake about 1 hour.

MRS. G. ROWSWELL

SULTANA BREAD

Sift—
2 cups flour
1 cup sugar
2 tsp. baking powder

Add—
1 cup sultanas
½ cup peel
⅛ tsp. salt
8 to 10 cherries
1 cup milk
1 egg

Method:

Beat egg. Add milk. Add to dry ingredients. Bake 1 hour in greased loaf pan at 275 degrees.

MRS. W. G. BURCH

BUTTERMILK MUFFINS

1 cup white sugar
1 tsp. baking powder
⅛ tsp. salt
2 cups graham flour
½ cup shortening (melted)
1¼ cups buttermilk
1 tsp. soda

Method:

Combine sugar, salt, flour and baking powder. Dissolve soda in buttermilk and stir well until milk foams. Add to dry ingredients. Add melted butter last. Stir well. Bake in 425 degree oven 15 to 20 minutes.

MISS H. STUTCHBURY

MUFFINS

2 cups flour
½ tsp. salt
4 tbsp. shortening
1 cup milk
3½ tsp. baking powder
3 tbsp. sugar
1 egg

Method:

Mix and sift dry ingredients in a medium sized bowl. Cut in shortening with 2 knives or a pastry blender until granular. In a small bowl, beat egg and milk with egg beater. Make depression in the flour and pour in the liquid. Mix with minimum stirring so that the dry and liquid ingredients are just mixed. Spoon out mixture into well greased muffin pans and bake in a moderate oven 375 to 400 degrees about 20 minutes.

MRS. CHARLOTTE FREELAND

PICKLES

ICICLE PICKLES

13 good sized cucumbers
2 qts. white vinegar
½ cup salt
Onion
2 cups white sugar

Method:

Peel, remove seed and cover cucumbers with cold water. Let stand in fridge 24 hours. Drain, pack tightly in jars and add slice of onion to each jar.

Sauce

Combine vinegar, sugar, salt and boil 5 minutes. Cook, and add 2 dessert spoons of alum. Pour on pickles and seal. Must be kept airtight.

MRS. R. COUSINS

MUSTARD PICKLES

1 qt. small cucumbers
1 qt. small onions (silverskins)
1 large cauliflower
4 red peppers (chopped fine)

Put all in salt and water for 24 hours. Then scald (not boil) in same water and drain. Use pickling salt (non-iodized).

Paste:

3 tbsp. tumeric
1 tsp. celery seed
1 cup flour
2 qts. white vinegar
6 tbsp. mustard
1 tsp. mustard seed
2 cups sugar

Method:

Combine tumeric, mustard, celery seed, flour and sugar, add vinegar. Scald a few minutes and stir all the time and pour over pickles. Cook 3 to 5 minutes in the paste. May use judgment about vegetables to be used. Celery cut coarsely is very nice too.

MRS. E. V. BUTLER

RHUBARB RELISH OR CHUTNEY

4 cups diced rhubarb
1 tsp. salt
1 tsp. celery salt
1 tsp. cinnamon
1 lb. brown sugar
2 cups vinegar
1 tsp. pepper
1 tsp. cloves
4 cups chopped onions

Method:

Put onions through food chopper. Soak rhubarb in vinegar for 20 minutes. Add other ingredients and simmer for 1 hour.

MRS. E. E. HYDE

TOMATO OLIVES

3 qts. small green tomatoes
¼ cup salt
8 cups water
3 lbs. brown sugar
2 cups vinegar
1 cup water

Method:

1st day—Peel tomatoes and cook slowly until tender in salt and water. Drain and when cooled place a clove in top of each tomato. Combine the vinegar with 1 cup water and brown sugar. Bring to boil and boil 5 minutes. Pour syrup over tomatoes.

2nd day—Remove tomatoes and reheat syrup to boiling and pour over tomatoes. Let stand over night and 3rd day—again reheat syrup and tomatoes together to boiling point. Pack in jars, filling to top and seal.

MRS. M. C. FARHALL

JAMS AND MARMALADES

CARROT MARMALADE

6 carrots
1 lemon
3 oranges
3 cups sugar (approximately)

Method:

Scrape carrots, dice and cook in as little water as possible. Slice oranges very thin and add lemon juice and grated rind. Combine carrots and fruit. Measure and add ⅔ as much sugar. Heat, stirring until sugar is dissolved. Cook rapidly until thick and clear.

MRS. J. G. SPARLING

RHUBARB JAM OR MARMALADE

8 cups coarsely cut rhubarb
2 oranges
13 cups white sugar
2 lemons
2 cups water or less
2 boxes certo crystals

Method:

Grate lemons and oranges and juice them. Add grated rind, juice and water to rhubarb and bring to a boil. Boil hard 1 minute, add sugar and boil gently 5 minutes. Remove from heat. Skim and stir for 5 minutes, then ladle into sterilized glasses. Seal with paraffin. Makes 7 pints.

MRS. W. G. BURCH

CANDY

FONDANT (for children's parties)

¼ cup hot mashed potatoes
½ cup powdered milk
Almond flavoring
2 tbsp. butter or margarine
1 cup icing sugar

Method:

Mix almond and butter with potatoes, sift milk and sugar together, add to mixture, mix well and chill. Knead in more dried milk if necessary until fondant handles easily (like plasticine).

Give the fondant to children to make into their own shapes, animals, fruits, etc. They love doing this—and eating up the results.

MRS. W. RITSON-BENNETT

HOME MADE BUTTER CANDY

3 lbs. fine sugar
¼ lb. butter
1 cup water
2 tbsp. syrup

Let simmer ½ hour.

MRS. BREWIN

PEPPERMINT DROPS

3 cups white sugar
¼ tsp. cream of tartar
7 drops essence of peppermint
1 cup boiling water
1 egg white
3 drops oil of peppermint

Method:

Combine sugar, boiling water and cream of tartar and boil until soft ball stage. Then beat this into stiffly beaten egg white. Add essence of peppermint and oil of peppermint. Drop from teaspoon onto sheet of waxed paper.

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GOVERNMENT OF THE PROVINCE OF ALBERTA

TABLE DECORATIONS FOR EACH MONTH

Month	Flowers	Candles
January	Pink Roses	Ivory
February	Sweet Peas or Red Carnations	Red
March	Pink Sweet Peas	Light Green
April	Yellow Jonquils	Lavender
May	Pink Carnations	Tall Pink
June	Pink Rosebuds	Yellow
July	Salmon Sweet Peas	Green
August	Yellow Roses	Green
September	Lavender Sweet Peas	Yellow
October	White Pom Poms	Tall Blue
November	Yellow Chrysanthemums	Tall Yellow
December	Red Roses or Poinsettas	Red

SWEET DISPOSITION

Three grains common sense, one large heart, one good liver, plenty of fresh air and sunlight, one bushel of contentment, one good husband, keep warm but do not bring to a boil.

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EQUIVALENT WEIGHTS AND MEASURES

Food	Weight	Approximate Measure
Apples	1 lb.	3 medium (3 cups sliced)
Bananas	1 lb.	3 medium (2½ cups sliced)
Berries	1 qt.	3½ cups
Bread crumbs (fresh)	1 lb. 1 oz. loaf	11 cups
Butter or margarine	¼ lb. bar	½ cup
Butter or margarine	1 lb.	2 cups
Cheese	½ lb.	2 cups grated
Cream cheese	3 oz.	6 tablespoons
Cottage cheese	½ lb.	1 cup
Coffee ground	1 lb.	80 tablespoons
	(Makes about 50 serving cups beverage)—2 tbsp. per cup. 36 servings (stronger) 3 tbsp. per cup.	
Heavy cream	½ pt.	2 cups whipped
Dates pitted	7¼ oz. pkg.	1¼ cups cut up
Egg whites (fresh)	8-11 whites	1 cup
Egg yolks (fresh)	12-14 yolks	1 cup
FLOUR—All purpose	1 lb.	4 cups sifted
Cake	1 lb.	4¾ - 5 cups (sifted)
Whole Wheat	1 lb. (about)	3½ cups unsifted
Lemon Juice	1 medium lemon	3 tablespoons lemon juice
Lemon Rind	1 medium lemon	1 tablespoon grated
MILK—Evaporated	14¼ oz. can	1⅔ cups
	6 oz. can	¾ cup
Sweetened cond.	14 oz. can	1¼ cups
	15½ oz. can	1⅓ cups
NUTS SHELLED		
Almonds	1 lb.	4 cups
Pecans	1 lb.	4 cups
Walnut meats	1 lb	4 cups
Brazil nut meats	1 lb.	3 cups
Orange juice	1 med. orange	⅓ cup juice
Orange rind	1 med. orange	2 tbsp. rind (grated)
POTATOES		
White	1 lb.	3 med. 2⅓ cups sliced
Sweet	1 lb.	3 med. 3 cups sliced
Raisins	15 oz. pkg.	3 cups
SUGAR		
Brown	1 lb.	2⅓ to 3 cups (firmly packed)
Confectioners	1 lb.	4 cups (sifted)
		3⅓ cups unsifted
Granulated	1 lb.	2⅓ cups

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